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- Satisfying salads
- Lighter comfort food classics

Decoding DIABETES MEDICATION

JEN'S STORY

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Type 2
around in
28 days"*



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1

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2

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3

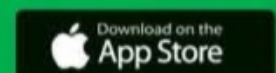
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OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney: drkatemarsh.com.au

Christine Armarego

Exercise physiologist

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Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW: drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre: mendpsychology.com.au

Rachel Freeman

Diabetes educator

Rachel also works at the Australian Diabetes Educators Association: adea.com.au.

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA: outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1: diabete-ezy.com



Spring a top time to reset

Here at *DL* HQ we spend a lot of time talking to experts about the best ways to lose weight and also to maintain a healthy weight, which is beneficial in so many ways, whether you have diabetes or not.

Two topics that have been much discussed lately are the ketogenic (or 'keto') diet and intermittent fasting (or IF). Both promise big results, and there are plenty of Facebook groups to educate and support people who want to make a change. However, instead of relying on social media, we asked Dr Kate Marsh, an Advanced Accredited Practising Dietitian and Credentialed Diabetes Educator, to take a hard look and provide readers with information you can trust. Dr Marsh, who also has type 1, puts IF under the microscope on page 116 and keto on page 96.

If a radical change isn't right for you, dietitian Susie Burrell's four-week spring reset (page 89) is a great place to start. It has a plan for exercise and

food, and lots of advice to make changes that stick. And, speaking of change, see our story on creating your own wellness vision on page 108 – you really *can* create a future that puts your good health front and centre.

Diabetes medications can be a minefield. The market is crowded and different medications have different effects, and side effects. We've put together a guide to the most common medications in Australia on page 112.

And, of course, we haven't forgotten about food! There are loads of delish dishes, including some lighter takes on favourite comfort foods (page 34) – perfect for the last weeks of winter. Or, if you'd like to bring spring to your table now, check out our satisfying main course salads on page 56.

How are you getting ready for spring? We'd love to hear from you!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

Any questions regarding your diabetes, talk to your **health-care team**.

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



Losing just 5% of your body weight can have a positive impact.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES

TYPE 1 AND TYPE 2...

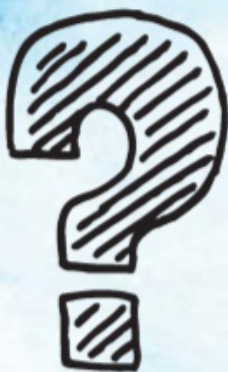
What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly

loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood.

Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

The latest facts & global news on diabetes, gut health, strokes and beyond



MENTAL HEALTH DISORDERS

Leading a study, Professor Megan Galbally of Murdoch University and the University of Notre Dame Australia found women with schizophrenia and other psychotic disorders were three times more likely to get gestational diabetes mellitus (GDM). “There is also a higher risk of both the mother and child developing type 2 later in their life,” she says. The study found specific antipsychotic medication also increased GDM risk. “These findings suggest women with psychotic disorders and those on specific antipsychotic treatment could be considered for earlier screening for GDM in pregnancy,” Prof. Galbally said. The data was published by the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

40%

of all new cases of kidney failure are caused by diabetes, making diabetes the leading cause of end-stage kidney disease.

The new breath test

Pin pricks could be a thing of the past, with the recent development of a breath ketone analyser. Working with the Australian Trade and Investment Commission, this device is the result of a multidisciplinary research project between the University of Sydney’s engineering department, the university’s Nano Institute, and the Perkins Centre. Working similarly to roadside breath tests, this device measures the acetone in a person’s breath to further detect their blood ketone levels. This device promises to be clinically accurate. More tests to follow.

TEMPTATION OF TAKEAWAY

According to information recently published in the journal *Nutrients*, 78 per cent of Australians know a high-fibre diet can help to protect your gut, however, two out of three Australian adults are not meeting their recommended daily intake of fibre (25-30 grams). The main reasons Aussies gave for not reaching this quota was due to the inability to resist the temptation of takeaway, chips and lollies, but also due to the price of high-fibre foods and drinks. If you have any concerns regarding the amount of fibre you consume, discuss this with your dietitian.





Encourage your children to keep moving with the help of an animated clock face on Fitbit's latest release, Ace 2 (\$129.95). Motivating them with daily challenges, this Fitbit is available in fun, bold colours, and boasts a swimproof and bump-proof design to protect from the damage of childhood antics.

For more information, visit fitbit.com/au/ace2.

For the kids

Could this reduce diabetes?



A study published in *Scientific Reports* found children who followed through with the entire vaccination schedule were **41 per cent** less likely to develop type 1 diabetes. The decision to study this further came after Dr Mary Rogers, from the University of Michigan, noticed a decrease in the incidence of type 1 diabetes after the rotavirus vaccine was introduced into Australia. More tests are to follow.



Q&A ASK DR DEED

How can I cope with all these extra medications to help manage my diabetes – it's getting to be a burden

Gary says: Diabetes can feel more of a burden, especially for the sheer number of things to manage. Between monitoring glucose and seeing health professionals, it can seem like a lot. This is called diabetes distress.

There are ways of reducing the medication burden. You can buy medication where two drugs are put together in the same tablet, or buy slow-release medications – meaning the number of tablets needed daily is less.

There have been recent developments of weekly injectable medication for type 2 that may help offset the need for daily injections. For type 1, insulin pumps are sophisticated enough to help replace multiple daily injections as well. The other distress is doing multiple finger pricks a day, and new technology can replace this with sensors that don't need such intense finger pricking.

Diabetes distress is real. If you feel it building up, talk to your GP or healthcare team about it. ➤

Dr Gary Deed, general practitioner
Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
 GPO Box 7805, Sydney, NSW 2001.

your healthy life

Strengthen your BREATHING

Ever admired someone's ability to play a wind instrument without losing their breath? In learning a wind instrument, no matter whether it's a flute or bagpipes, you have to master your breathing. As wind instruments are powered by the air you produce, you must be relaxed – even under pressure – to ensure you're able to breathe deeply to produce extraordinary sound. This breathing gives your lungs and diaphragm a workout, and forces your abdominal and core muscles to be active, especially in holding a correct posture.

See the world's best-massed pipes in The Royal Edinburgh Military Tattoo, Sydney, from 17-19 October. Tickets from edinburghtattoosydney.com.au or ticketek.com.au.

Antidepressants and FRACTURES

About 10 per cent of the Australian adult population uses antidepressants each day, making our nation among the highest users of them in the world. Lead authors Professor Libby Roughead and Dr Kerrie Westaway from the University of South Australia concluded the use of these drugs could cause drowsiness, dizziness and blurred vision, which increased the likelihood of falls and fractures. The researchers published their findings in *Australian Prescriber*, concluding the use of antidepressants or opioids more than doubled the risk of a fall and hip fracture in older people.



COULD
FACEBOOK
DIAGNOSE
YOU?

People who actively post on social media could be easily diagnosed. Penn Medicine and Stony Brook University researchers found certain words associated with specific conditions. For example, people who regularly mention "God", "family" and "pray" were 15 times more likely to develop type 2 diabetes. Although this could lead to future diagnosis, sometimes words are simply that... words.



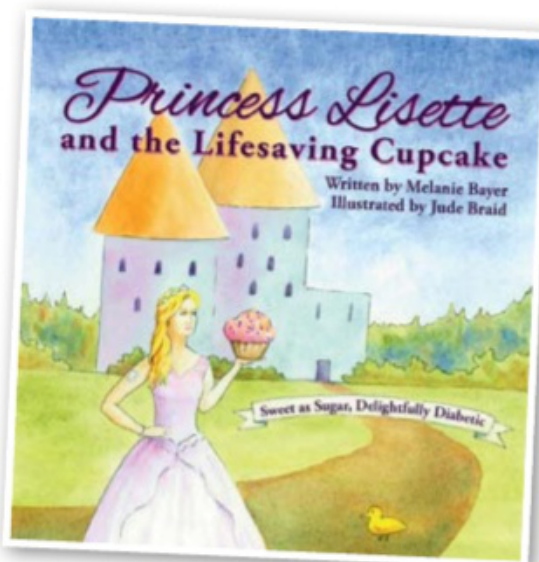
EVERY 12 MINUTES

on average, one Australian dies from cardiovascular disease

PRINCESS LISETTE AND THE LIFESAVING CUPCAKE

by Melanie Bayer
Amazon, \$15

All kids (and big kids alike!) love fairytales, but they all pose their heroes with good health. So what about those with diabetes? Go on a journey with young heroine Lisette as she overcomes her struggles with type 1, wins the heart of a prince and becomes a princess who is loved by all in the kingdom. Learning to embrace your uniqueness, Princess Lisette shows children diabetes shouldn't stop you



finding your happily ever after.

Inspired by the magic of fairytales, author Melanie Bayer shares the challenges diabetes brought to her in this semi-autobiographical story.



Q&A ASK DR LINJAWI

Can I stop taking my Metformin as my BGLs are now normal and my doctor said at my last appointment they were no longer in the diabetic range?

Sultan says: I am often asked this question in my clinics. Metformin belongs to a class of drugs called Biguanides, which work on the liver to release stored glucose more slowly and increase the body's response to insulin to better control BGLs. It can be used in people with borderline diabetes and we know it prevents people progressing to diabetes. Metformin also has many other potential benefits to your health, including lowering cholesterol levels (LDL) and reducing blood pressure, and may even help prevent certain cancers.

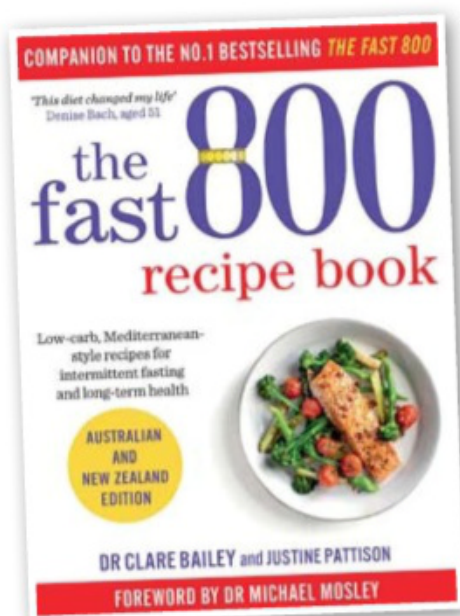
So I think you need to consider your goal: is it stopping your medication or having really good sugars and reducing the chance of them getting worse in the future that is more important? Metformin is likely to slow the progression of diabetes, so it might be a sacrifice that's worth persisting with. ➤

Dr Sultan Linjawi, endocrinologist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

STROKE PREVENTION



Federal health minister Greg Hunt has announced the Australian Government's plans to develop a long-term preventative health strategy that has the potential to ease the nation's stroke and chronic disease burden. "There will be more than 56,000 strokes in Australia this year," explains Stroke Foundation chief executive officer Sharon McGowan. "Frighteningly, that number continues to rise, largely due to an increasingly sedentary lifestyle. Without action now, the Australian community will experience more than 132,000 strokes a year by 2050, but it does not need to be that way. Investment in prevention today generates health dividends tomorrow and into the future."



THE FAST 800 RECIPE BOOK by Dr Clare Bailey and Justine Pattison, Simon & Schuster, \$35

The highly anticipated low-carb recipe book by Dr Clare Bailey and Justine Pattison is here! Designed to help you lose weight, reduce blood pressure and inflammation, and control BGLs, there are 150 recipes. Think smoked salmon omelette and chocolate mug cakes – YUM!

Smoother injections

The **BD Ultra-Fine™ PRO 4mm Pen Needle** has been redesigned with an extra-thin needle to make injections smoother and faster. As diabetes medication is able to flow more quickly through this needle, there is an increase in the absorption of medication. This needle also requires 62 per cent less thumb force to dispense insulin and has an ergonomic grip for easier handling! The product is now listed on the NDSS, and costs \$24.95 for a pack of 100 pen needles.



Q&A ASK DR MARSH

I always start the week with good intentions to eat well, but it all seems to fall apart when I get busy and tired by the end of the week. Do you have any tips to help?

Kate says: You are definitely not alone – this is a problem I often see. The good news is, healthy eating doesn't need to be difficult. Try these tips:

- **Plan your meals** for the week – pick some healthy meals and snacks, and make sure you have all the ingredients by adding them to your shopping list.
- **If time is short**, consider ordering your groceries online for home delivery – this will free up more time to plan and prepare meals, rather than spending it at the supermarket.
- **Plan for nights** when you are too tired or busy to cook. Have some quick and easy meals or ingredients in the house, so you can easily whip something up, rather than resorting to takeaway.
- **Do some batch cooking** and freezing of extra meals on the weekends. Soups, curries, stews and casseroles usually freeze well. ■

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

Email your questions to:
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Find the balance you need

Make Glucerna® a part of your day

MANAGE YOUR BLOOD SUGAR LEVELS

We all know that skipping meals and making poor food choices is not a good idea when it comes to managing blood sugar levels and weight gain. At times, managing diabetes is really difficult – and that's where Glucerna can help, as part of a diabetes management plan*. Glucerna is a nutritionally complete and balanced low-GI drink that has been specially formulated for the nutritional needs of people with diabetes¹. Ask your pharmacist for your free sample sachet** today!

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ASK YOUR TerryWhite Chemmart. pharmacist

What's the best way to work out whether I might need to lose some weight? Should I jump on the scales, calculate my BMI or take my waist measurement?

There are a lot of helpful tools available, and it can be confusing knowing what they all mean and how they're different.

Your Body Mass Index, or BMI, is a calculation based on your weight and your height, and is one way to determine whether you're at a healthy weight and, by extension, if you're at a higher risk of certain diseases. But it doesn't take age, ethnicity, gender or body



composition into account, so on its own, doesn't necessarily provide a complete picture of how your weight may be affecting your health.

Waist circumference is a simple check you can use to gauge whether you're carrying excess body fat around your middle, a location that poses more

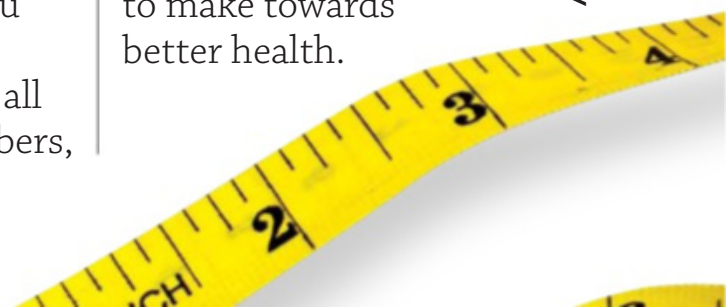
of a health risk than fat stored on your hips or thighs. A waist measurement of 80cm or more for women and 94cm or more for men, indicates an increased risk of chronic disease.

Measuring and monitoring your weight can also be a useful benchmark, particularly so you can see how it shifts as a result of any lifestyle changes you make.

It's good to know all three of these numbers,

and to consider them alongside other risk factors, such as your cholesterol levels and blood pressure, when assessing your health. At TerryWhite Chemmart, our Health Check covers all of these measures to help you understand your risk factors and support you in deciding which lifestyle changes you may want to make towards better health.

ADDITIONAL PHOTOGRAPHY GETTY IMAGES



TerryWhite Chemmart pharmacist Chris Campbell answers questions on body weight and tells why losing a little can deliver big health benefits for diabetics



I've just been diagnosed with type 2 diabetes, what advice do you have?

When you're living with type 2 diabetes, reaching and maintaining a healthy body weight is important to slow the progression and improve control of your diabetes. In fact, research published in the last couple of years shows substantial weight loss can actually alter some processes underlying type 2 diabetes.

Additionally, don't forget that being overweight is considered a risk factor for experiencing a wide range of other health problems, including: stroke, heart disease and heart attack; musculoskeletal and digestive

problems; and 11 different types of cancer, including breast, bowel and liver cancer.

It can also significantly impact your quality of life, self-esteem and mental health and wellbeing.

So, there are many great reasons, on top of helping to ensure your type 2 diabetes is well managed, to keep your weight within the healthy range.



Losing weight feels daunting. Where should I start?

Your local TerryWhite Chemmart pharmacy is a great place to begin your healthy weight journey.

Using our Health Check as a starting point, a range of options are available from there, including the Tony Ferguson range of scientifically formulated meal replacements, many of which come with exclusive access to a 12-week program. This provides access to meal plans, recipes and motivational tips, and covers things such as portion control and the importance of reducing stress.

The Tony Ferguson range also has a variety of snack options to help keep your weight loss on track, including Beef Bone Broth, and Smoothie Bowls in two flavours, for a weight-loss friendly sweet treat. ■

When living with type 2, a healthy weight is important



diabetes hero

Punching BACK

Boxer Bailey Mannix is on a mission to show people with type 1 diabetes that anything is possible

“Never ever give up. Make sure you prepare for sessions and competitions and set your goals high!”

▶▶ Turning professional as an athlete has been a lifelong dream for Bailey ‘Bam Bam’ Mannix. And now, at 22, he is living that dream as a pro boxer.

“When I was younger I thought I was going to play soccer professionally,” explains Bailey.

“But, when I was 14, I decided I wanted my dad [who has long been involved in boxing] to train me in boxing and, at 15, I had my first fight and instantly fell in love with all aspects of boxing!”

Unlike other professional boxers, Bailey has the additional challenge of managing his type 1 diabetes whilst fighting. “I was only three years old when I was diagnosed, but I can remember that day very clearly,” he explains.

“I was very lucky, my mum was switched on and knew some of the type 1 symptoms, so she had an idea I could be getting

diagnosed. One night I was really thirsty and going to the toilet a lot, sculling water and not getting much sleep because of how thirsty I was. The next day I went to pre-school, and I remember Mum picked me up early with some of my belongings in the car and I asked where we were going. She said ‘to the hospital for a trip’.

“From there, I was rushed in, put on a drip and spent two weeks at Gosford Hospital learning about diabetes.”

Growing up around boxing it was inevitable Bailey’s interest in it would turn into something more. “I think the main thing that intrigued me about the sport is the relationships and friendships you create whilst pushing yourself and others to the limit,” he says.

Rising quickly through the ranks, Bailey had hopes of qualifying for the 2018 Gold

WORDS ELLIE GRIFFITHS PHOTOGRAPHY SUPPLIED BY BAILEY MANNIX; GETTY IMAGES



Coast Commonwealth Games. After missing out on the state qualifiers due to illness, he was chosen as a Boxing Australia boxer to contest the final stage, but in the end he didn't make it. "I had beaten the national boxer in the same weight class only six weeks before the qualifiers," he recalls. "But in the final stage, I couldn't beat him. So this taught me a lot, and proved that you must show up and perform when it matters."

After missing the Games, Bailey decided it was the best time to turn pro – and hasn't looked back. For his professional debut last year, he and his mum came up with an idea to raise awareness of type 1 diabetes.

"I wanted people who are living with the disease to see that no matter your condition you can still achieve what you work hard for," he explains. "So I donated my first professional purse to JDRF and presented over \$3000 to Sonia Downie from JDRF – who still follows and supports my journey – on the night."

Continuing to raise awareness of diabetes and funds for JDRF

at every match, Bailey also has its logo on all of his supporters shirts and fight gear, while also sporting the hashtag #FightingForACure on his gear (and on social media for you to follow his journey).

Training and competing with diabetes, no matter the sport, is all about preparation. Bailey has to ensure his BGLs are at a certain level before each session and that he has an adequate amount of carbohydrates in his body, as well as a hypo kit on him at all times.

"Some sessions are obviously different lengths and have different styles, so with training camps I know what I have each day to prepare correctly," he says.

"When I compete, my dad is in my corner with a hypo kit, containing a sugary sports drink and juice. And my phone connects to my Dexcom, which allows my mum to sit in the crowd and monitor it, which she relays to Dad."

Recently, Bailey competed in a tough eight rounds of boxing after an unexpected high and, after a couple of extra units of insulin and the help of his team, he came out on top – the new NSW Super Welterweight Champion [super welterweight is a weight division in boxing].

"There will be ups and downs as always," he advises. "But if you set your goals and you work hard with a plan, your condition will only give you strength!" ■



FROM TOP TO BOTTOM: Bailey with his biggest fan, his nephew; Bailey (left) with coach Jamie Pittman; Bailey's shorts sporting #FightingForACure and the JDRF logo; at his professional debut.

MONDAY

MIDDLE EASTERN PIZZA

Get your pizza fix by making it at home with a healthier base and toppings! see recipe, page 25 >>

NUTRITION INFO

PER SERVE 1580kJ,
protein 28g, total
fat 12g (sat. fat 4g),
carbs 35g, fibre 8g,
sodium 789mg

- Carb exchanges 2½
- GI estimate medium

5 days
5 dinners

Put some 'Yay!' into every day with these quick, tasty and healthy weeknight meals

Health Tip

Firm tofu is an excellent source of calcium, with 100g containing a similar amount of calcium as a glass of milk.

How our food works for you

see page 79

NUTRITION INFO

PER SERVE 2020kJ, protein 22g, total fat 21g (sat. fat 3g), carbs 44g, fibre 15g, sodium 233mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option

GFO

TUESDAY

VEGETABLE PESTO STIR-FRY WITH RICE

A dish of vibrant vegies to paint your plate all the colours of the rainbow.

see recipe, page 25 >>

mains

GFO

WEDNESDAY

NUTRITION INFO

PER SERVE 2040kJ,
protein 37g, total
fat 18g (sat. fat 3g),
carbs 46g, fibre 13g,
sodium 700mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

THAI-STYLE PRAWN QUINOA SALAD

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

500g green prawns, peeled and
deveined with tails left intact
Freshly ground black pepper
90g (½ cup) tri-colour quinoa
250ml (1 cup) water
1 carrot, peeled into ribbons
1 Lebanese cucumber, chopped
1 cup mint leaves
1 cup coriander leaves
1 small red capsicum, cut into
thin strips

Dressing

2 Tbsp fresh lemon juice
1 Tbsp sweet chilli sauce or
gluten-free chilli sauce
1 Tbsp olive oil

1 Preheat a chargrill pan on medium heat. Spray the prawns with cooking spray and season with pepper. Add to the chargrill and cook for 3-4 minutes, turning occasionally, or until cooked through. Transfer to a plate.

2 Meanwhile, put the quinoa and water in a small saucepan. Cover and bring to the boil over medium heat. Reduce heat to medium-low and cook, covered, for 10-15 minutes or until the liquid is absorbed. Remove the pan from the heat and set aside, covered, for 5 minutes. Transfer quinoa to a bowl and set aside to cool slightly.

3 To make the dressing, whisk the ingredients in a small bowl.

4 Add prawns to the quinoa with the carrot, cucumber, mint, coriander and capsicum. Add the dressing and toss to combine. Serve. ➤



LC

THURSDAY

LAMB SKEWERS WITH PINEAPPLE TABOULI

Succulent lamb served with a pineapple salad makes for a sweet take on a Middle Eastern favourite.

see recipe, page 26 >>

NUTRITION INFO

PER SERVE 1760kJ,
protein 37g, total
fat 16g (sat. fat 4g),
carbs 25g, fibre 8g,
sodium 253mg

- Carb exchanges 1½
- GI estimate low
- Lower carb

NUTRITION INFO

PER SERVE 2470kJ,
protein 46g, total
fat 14g (sat. fat 3g),
carbs 62g, fibre 12g,
sodium 462mg
• Carb exchanges 4
• GI estimate medium
• Gluten-free option

GFO

FRIDAY

HERB AND PARMESAN SCHNITZEL WITH SWEET POTATO MASH

Try a different spin on
the classic schnitty.
see recipe, page 26 >>





Middle Eastern pizza

MIDDLE EASTERN PIZZA

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

- 1 x 30cm round wholemeal Lebanese bread
- ½ tsp olive oil
- 150g extra lean beef mince
- 3 tsp harissa (Middle Eastern spice blend)
- 1 clove garlic, crushed
- 3 tsp pine nuts
- 1 carrot, coarsely grated
- 1 Tbsp water
- 1½ Tbsp currants
- 3 Tbsp salt-reduced tomato sauce
- 1 zucchini, peeled into ribbons using a vegetable peeler
- Small mint leaves, to serve
- 40g reduced-fat feta, crumbled
- Lemon wedges, to serve

Health Tip

Regular pizzas tend to be super high in carbs, fat and sodium (salt) and low in fibre! By making your own at home you can choose small amounts of your favourite toppings and bulk them out with lots of vegetables.



Vegetable pesto stir-fry with rice

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Place the Lebanese bread on the baking tray. Bake for 3 minutes. Set aside.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium-high heat. Add the mince and cook for 2-3 minutes or until browned. Add the harissa, garlic, pine nuts and carrot. Cook, stirring often, for 2 minutes. Add the water, currants and 2 Tbsp of the tomato sauce to the pan.

3 Spread the remaining tomato sauce over the Lebanese bread. Spread the mince mixture evenly over the sauce. Top with the zucchini ribbons. Spray with cooking spray. Bake for 5 minutes or until the zucchini just softens. **4 To serve**, sprinkle the mint leaves and feta over the pizza. Serve with lemon wedges.

VEGETABLE PESTO STIR-FRY WITH RICE

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

- 85g (⅓ cup) Doongara Low GI Brown Rice
- 2 tsp olive oil
- 150g firm tofu, patted dry with paper towel, cut into small cubes

- 1 clove garlic, sliced
- 400g pkt traditional stir-fry vegetables (see Cook's Tip)
- 1 bunch asparagus, woody ends trimmed, diagonally sliced
- Lemon wedges, to serve
- Basil leaves, to serve (optional)

Pesto

- 1 cup firmly packed basil leaves
- 1 Tbsp pine nuts
- 1 Tbsp finely grated parmesan
- Juice of ½ small lemon
- 2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
- 1 tsp olive oil
- Freshly ground black pepper

1 Cook rice in a small saucepan of boiling water, following packet directions, or until tender. Drain well.

2 To make pesto, put basil leaves, pine nuts, parmesan, lemon juice, chilli sauce and oil in a small food processor. Season with pepper. Process until finely chopped, scraping down the side of the bowl a few times.

3 Heat half the oil in a large non-stick wok over medium-high heat. Add tofu and stir-fry for 2-3 minutes, tossing often, until tofu is golden brown. Transfer to a plate. Heat remaining oil in wok. Add garlic, stir-fry veg and asparagus to wok. Stir-fry for 3-4 minutes or until the vegetables are tender-crisp.

4 Remove pan from heat. Return tofu to wok with pesto. Toss to combine. Divide rice between shallow serving bowls. Top with pesto stir-fry and serve with lemon wedges and basil leaves, if using.

COOK'S TIP

If you prefer, you can use any leftover vegies you have to make up the 400g pkt stir-fry veg. ➤

mains

LAMB SKEWERS WITH PINEAPPLE TABOULI

PREP TIME: 15 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A MAIN)

300g lamb leg steaks, trimmed of fat, diagonally sliced

6 small wooden skewers (see Cook's Tip)

Harissa (Middle Eastern spice blend), to sprinkle

Pineapple tabouli

45g (¼ cup) cracked wheat (burghul)

¼ pineapple, peeled, core removed, finely chopped

1 vine-ripened tomato, chopped

1 cup flat-leaf parsley leaves, chopped

1 Lebanese cucumber, seeds removed, finely chopped

Juice of ½ a small lemon

2 tsp olive oil

Freshly ground black pepper

1 To make pineapple tabouli, put cracked wheat in a small heatproof bowl. Pour over plenty of boiling water. Set aside for 10 minutes to soak. Drain well, squeezing out extra moisture. Transfer to a medium bowl. Add pineapple, tomato, parsley, cucumber, lemon juice and oil. Season with pepper. Toss to combine.

2 Preheat a chargrill pan on medium-high heat. Thread lamb strips onto skewers. Spray with cooking spray. Sprinkle over harissa. Rub all over lamb skewers. Add lamb to chargrill and cook for 2-3 minutes, turning occasionally, until the lamb is just cooked.

3 Serve the lamb skewers with the pineapple tabouli.

COOK'S TIP

Soak skewers in cold water for 20 minutes to prevent them burning.



Lamb skewers with pineapple tabouli

HERB AND PARMESAN SCHNITZEL WITH SWEET POTATO MASH

PREP TIME: 20 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

300g orange sweet potato, peeled, chopped

1 tsp light margarine

2 Tbsp light milk

Freshly ground black pepper

1 bunch broccolini, trimmed, steamed, to serve (see Cook's Tips)

1 Tbsp flaked almonds, toasted (see Cook's Tips)

2 tsp sesame seeds

2 Tbsp tomato chutney or gluten-free tomato chutney, to serve

Herb and parmesan schnitzel

220g skinless chicken breast fillet, sliced in half lengthways

2 Tbsp wholemeal plain flour or gluten-free flour

60g egg, lightly whisked

⅔ cup panko crumbs or gluten-free breadcrumbs

1 Tbsp finely grated parmesan

2 Tbsp chopped flat-leaf parsley

1 Cook sweet potato in a small saucepan of boiling water for 10 minutes or until tender. Drain well and return to pan. Add margarine and mash until smooth. Beat in milk. Season with pepper.

2 Meanwhile for the schnitzel, preheat oven to 190°C (fan-forced).



Herb and parmesan schnitzel with sweet potato mash

Make every week night a treat with these meals

Line a baking tray with baking paper. Place chicken between two pieces of plastic wrap. Use a mallet or rolling pin to pound chicken pieces until about 1-1½cm thick. Place flour in a shallow bowl. Whisk egg in a shallow bowl. Combine panko crumbs, parmesan and parsley on a large plate. Coat chicken in flour, shaking off any excess. Coat in egg followed by panko mixture. Place chicken on lined tray and spray the top with cooking spray. Bake for 10 minutes or until the chicken is just cooked.

3 Divide mash, chicken and broccolini between serving plates. Sprinkle almonds and sesame seeds over mash. Serve with chutney.

COOK'S TIPS

● If you prefer, you can replace the broccolini with broccoli or green beans.

● To toast almonds, cook in a small non-stick frying pan over medium heat, stirring often, for 2-3 minutes or until lightly toasted.

YOUR shopping list

GROCERIES

- ☐ 37g jar MasterFoods Harissa Middle Eastern Spice Blend
- ☐ 500g pkt cracked wheat (burghul)
- ☐ 750g pkt SunRice Doongara Low GI Brown Rice
- ☐ 70g pkt pine nuts
- ☐ 200g pkt panko crumbs
- ☐ 275g jar tomato chutney
- ☐ 500g pkt tri-colour quinoa
- ☐ 300g pkt currants
- ☐ Small pkt sesame seeds
- ☐ 100g pkt flaked almonds

FRUIT AND VEGETABLES

- ☐ ½ pineapple
- ☐ 1 vine-ripened tomato
- ☐ 2 Lebanese cucumbers
- ☐ 2 carrots
- ☐ 400g pkt traditional stir-fry vegetables
- ☐ 1 bunch asparagus
- ☐ 300g orange sweet potato
- ☐ 1 bunch broccolini
- ☐ 1 small red capsicum
- ☐ 1 zucchini
- ☐ 3 lemons
- ☐ 1 bunch basil
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch coriander
- ☐ 1 bunch mint

MEAT & CHICKEN

- ☐ 300g lamb leg steaks
- ☐ 220g skinless chicken breast fillet
- ☐ 150g extra lean beef mince

SEAFOOD

- ☐ 500g green prawns

CHILLED

- ☐ 200g pkt reduced-fat feta
- ☐ 300g pkt firm tofu

BAKERY

- ☐ 1 pkt wholemeal Lebanese bread

HOME

- ☐ Olive oil cooking spray
- ☐ Olive oil
- ☐ Freshly ground black pepper
- ☐ 2 cloves garlic
- ☐ Parmesan
- ☐ Sweet chilli sauce
- ☐ Salt-reduced tomato sauce
- ☐ 60g egg
- ☐ Light margarine
- ☐ Light milk
- ☐ Wholemeal plain flour

LEFTOVERS

GROCERIES

Almonds: Toast and toss into salads or use in baking.

Burghul: Cook and use in salads.

Feta: Crumble a little over your salad sandwich to add a flavour kick, or use in salads or omelettes.

Harissa: Mix with low-fat Greek-style natural yoghurt, lemon juice and freshly ground black pepper to create a delicious marinade for meat, seafood or chicken.

Lebanese bread: Spread with hummus, top with grated carrot, fresh herbs, shredded chicken, beetroot and snow pea sprouts. Roll up and enjoy.

Panko crumbs: Use in place of regular breadcrumbs.

Pine nuts: Toast and sprinkle over pasta dishes, in salads or in baking.

Quinoa: Cook and serve as an alternative to rice. Use in soups, casseroles or salads.

Rice: Use to make pilaf, in soups or to make fried-rice.

Sesame seeds: Combine with panko crumbs, chopped parsley and lemon zest and use as a coating for chicken or fish.

Tofu: Marinate in a mixture of salt-reduced soy sauce, finely chopped chilli, chopped fresh coriander, garlic, ginger and lime juice. Use in stir-fries or pan-fry and use in salads.

Tomato chutney: Serve with chargrilled meats, chicken or fish, or use on sandwiches.

FRUIT AND VEGETABLES

Basil and coriander: Use to make a pesto or use leaves on a sandwich in place of lettuce leaves.

Pineapple: Chop up and eat as a snack or chop and freeze to have on hand to throw into a fruit smoothie. ■



GFO

THAI PRAWN AND GINGER NOODLES

You'll be eating in no time with this quick, tasty dish

see recipe, page 31 >>

NUTRITION INFO

PER SERVE 2000kJ, protein 29g, total fat 12g (sat. fat 2g), carbs 57g, fibre 10g, sodium 585mg

- Carb exchanges 4
- GI estimate low
- Gluten-free option

Spice, spice baby

They're the magic ingredients that can take a dish from tasty to terrific, so don't be shy about spicing things up

GF

MALAY CHICKEN CURRY WITH YELLOW RICE

A family-sized dinner full of warming spices. *see recipe, page 31 >>*

NUTRITION INFO

PER SERVE 2440kJ, protein 54g, total fat 19g (sat. fat 5g), carbs 44g, fibre 8g, sodium 292mg

- Carb exchanges 3
- GI estimate medium
- Gluten free



GF

MASALA CHICKPEAS WITH SPINACH

A perfect meat-free dish for two. *see recipe, page 32 >>*

NUTRITION INFO

PER SERVE 2020kJ, protein 17g, total fat 15g (sat. fat 2g), carbs 59g, fibre 19g, sodium 91mg

- Carb exchanges 4
- GI estimate low
- Gluten free

How our food works for you

see page 79





NUTRITION INFO
PER SERVE 2420kJ,
protein 23g, total
fat 38g (sat. fat 19g),
carbs 32g, fibre 8g,
sodium 682mg
• Carb exchanges 2
• GI estimate low

SPINACH AND RICOTTA CANNELLONI

PREP TIME: 20 MINS

COOK TIME: 1 HOUR

SERVES 6 (AS A MAIN)

550g baby spinach leaves
250g tub reduced-fat ricotta
250g tub mascarpone
140g grated parmesan
1 pinch ground nutmeg
60g egg
250g fresh lasagne sheets
3 cups mixed salad leaves
12 Kalamata olives

Tomato sauce

2 Tbsp olive oil
1 large brown onion, finely
chopped
3 large cloves garlic, finely
chopped
500ml (2 cups) passata
400g can no-added-salt
chopped tomatoes
2 Tbsp balsamic vinegar

1 tsp caster sugar

Freshly ground black pepper

Small bunch basil, roughly chopped

1 Preheat oven to 170°C (fan-forced). Place spinach in a steamer basket and cook over a saucepan of simmering water for 2 minutes or until spinach wilts. Set aside to cool. Use hands to squeeze out as much liquid as possible. Finely chop.

2 To make tomato sauce, heat oil in a medium non-stick frying pan over medium heat. Add onion and garlic. Cook, stirring often, for 6-7 minutes or until onion softens.

3 Add passata, tomatoes, vinegar and sugar. Season with pepper. Cover and bring to a simmer.

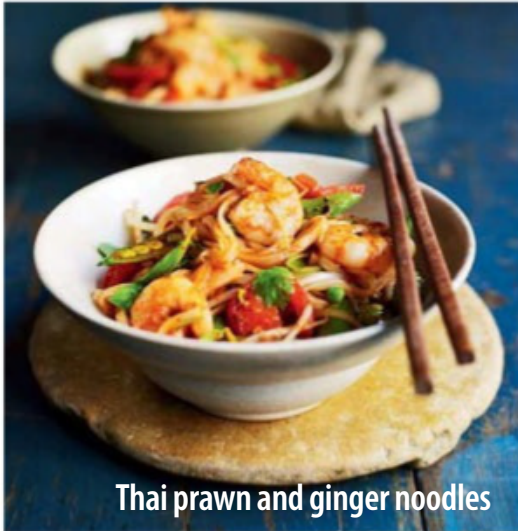
Reduce heat to medium-low and cook, covered, stirring occasionally, for 10 minutes. Remove pan from heat and stir in basil. Pour into base of a large, shallow ovenproof dish.

4 Meanwhile, use a wooden spoon to beat the ricotta, ¼ of mascarpone

and 50g parmesan in a large bowl. Stir in spinach leaves and nutmeg. Mix until well combined. Combine remaining mascarpone, egg and another 50g parmesan in a small bowl.

5 To make cannelloni, divide spinach filling into 6 even portions. Spoon a portion along top of each lasagne sheet, then roll up into a big, fat tube. Cut each one in half across the middle with a sharp knife so you have 2 smaller tubes, then arrange on top of tomato sauce. As you put in the dish, push them slightly so the sauce oozes up the sides of the cannelloni, as this will stop them sticking together.

6 Spoon mascarpone mixture on top, making sure you cover pasta. Scatter over remaining parmesan and grate over a little nutmeg. Bake for 30-40 minutes or until top is golden and the pasta is cooked through. Serve with salad leaves and olives.



Thai prawn and ginger noodles

THAI PRAWN AND GINGER NOODLES

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

100g dried thick rice noodles
Zest and juice of 1 small orange
1 Tbsp red curry paste or gluten-free curry paste
2 tsp brown sugar
3 Tbsp water
1 Tbsp olive oil
2 large cloves garlic, sliced
4cm piece ginger, cut into very thin sticks
1 red capsicum, sliced
100g sugar snap peas, halved lengthways
140g bean sprouts
350g green prawns, peeled and deveined
Handful each of chopped basil and coriander

1 Put noodles in a heatproof bowl and pour over boiling water to cover. Set aside for 10 minutes to soften. Drain and set aside. Mix orange juice and zest, curry paste, sugar and water in a small bowl.

2 Heat the oil in a large wok over high heat. Once hot, add garlic and half the ginger. Stir-fry for 1 minute. Add capsicum and stir-fry for 2 minutes. Add sugar snaps and stir-fry for 1 minute.

3 Add the bean sprouts and prawns to the wok. Stir-fry for



Malay chicken curry with yellow rice

2-3 minutes, or until the prawns just turn pink. Add the noodles, remaining ginger and sauce to the wok. Toss to heat through. Remove pan from heat and toss in herbs.

HEALTH TIP

Ginger contains gingerol, which has been said to improve mild muscle pain due to its anti-inflammatory properties.

MALAY CHICKEN CURRY WITH YELLOW RICE

PREP TIME: 30 MINS

COOK TIME: 1 HOUR 20 MINS

SERVES 6 (AS A MAIN)

1 Tbsp olive oil
1 large brown onion, finely chopped
4 large cloves garlic, finely grated
2 Tbsp finely grated ginger
5 whole cloves
2 tsp ground turmeric
1 tsp ground white pepper
1 tsp ground coriander
1 tsp ground cumin
8 cardamom pods, seeds removed, lightly crushed
1 stick cinnamon, broken in half

1 large red chilli, deseeded, sliced
400g can no-added-salt chopped tomatoes
2 Tbsp mango chutney
1 Massel Salt-Reduced Chicken Stock Cube, crumbled
12 bone-in skinless chicken thighs
500g Spud Lite Potatoes, cut into chunks
Small bunch coriander, leaves chopped
600g broccoli, cut into florets, steamed, to serve

Yellow rice

25g light margarine
175g basmati rice
30g raisins
½ tsp caster sugar
½ tsp ground turmeric
¼ tsp ground white pepper
1 stick cinnamon, broken in half
4 cardamom pods, lightly crushed
275ml water

1 Heat the oil in a large, heavy-based saucepan over medium heat. Add onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens. Add the garlic, ginger and cloves. Cook, stirring often, for 5 minutes or until the onions are very soft.

2 Add the turmeric, pepper, coriander, cumin, cardamom pods, cinnamon and chilli to the pan. Stir well. Add the tomatoes, stock cube and chutney. Fill up the tomato can twice with water and add to the pan.

3 Add the chicken thighs to the pan, making sure they sit under the liquid. Cover the pan and reduce heat to medium-low. ➤

Play around with your favourite spices and you'll reap the benefits

food in focus

Cook, covered, for 35 minutes. Stir well. Add the potatoes and simmer, uncovered, for 15-20 minutes or until the chicken is cooked and the potato is tender. Stir in the coriander.

4 Meanwhile, to make the yellow rice, put the margarine, rice, raisins, sugar, turmeric, pepper, cinnamon and cardamom in a medium saucepan. Stir in the water. Cover and bring to the boil over high heat. Reduce heat to medium-low. Cook, covered, for 10 minutes. Remove the pan from the heat and set aside for 5 minutes or until all the liquid is absorbed.

5 Serve the chicken curry with the yellow rice and broccoli.

HEALTH TIP

Turmeric contains curcumin, which is considered to be an anti-inflammatory and powerful antioxidant. Turmeric can also help the regeneration of cells, which can potentially slow the process of ageing and help prevent cancers and heart disease.

MASALA CHICKPEAS WITH SPINACH

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

75g brown basmati rice
1 tsp cumin seeds
1 tbsp olive oil
1 brown onion, finely chopped
1 clove garlic, finely chopped
1cm piece ginger, peeled, finely chopped
½ red chilli, deseeded, finely chopped
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp ground paprika
1 tsp garam masala



Masala chickpeas with spinach

400g can no-added-salt whole tomatoes
400g can no-added-salt chickpeas, rinsed, drained
200ml water
Juice of ½ lemon
220g baby spinach leaves

1 Cook the rice following pack instructions.

2 Meanwhile, heat a large non-stick frying pan or wok over medium heat. Add cumin seeds and cook, stirring, for 1 minute or until seeds start to pop. Transfer

to a plate and then set aside.

3 Heat the oil in the frying pan over medium heat. Add the onion, garlic, ginger and chilli. Cook, stirring occasionally, for 3 minutes. Reduce heat to medium-low and add the coriander, cumin, turmeric, paprika and garam masala. Cook, stirring, for 2 minutes.

4 Add the tomatoes to the pan. Cook, stirring, for 1 minute, using a wooden spoon to break up the tomatoes into smaller pieces. Add chickpeas and water. Bring to boil over high heat. Reduce heat to medium and simmer for 10 minutes. Remove the pan from the heat and stir in the lemon juice and spinach. Cook, stirring, until the spinach wilts.

5 Serve the curry with the rice.

COOK'S TIP

The flavours intensify as it cools, so for a fuller flavour, make earlier in the day and slowly reheat prior to serving. ■

Health Tip
Cumin is excellent for digestion and may also work as a detoxifier. Dry-frying cumin before grinding it will bring out its flavour.



Vegies in a twist

ROAST PUMPKIN, FETA AND SPINACH SPIRAL PIE

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 30 MINS

SERVES 6 (AS A MAIN)

1kg peeled and deseeded butternut pumpkin, cut into 3cm pieces
 3 Tbsp olive oil
 250g baby spinach leaves
 200g reduced-fat feta, finely chopped
 Freshly ground black pepper
 11 sheets chilled filo pastry
 50g light margarine, melted, cooled slightly
 1 egg yolk (from 60g egg)
 1 Tbsp skim milk
 1 tsp sesame seeds
 $\frac{3}{4}$ tsp oregano leaves
 $\frac{3}{4}$ tsp ground sumac
 2 cups green salad, per person, to serve

1 Preheat oven to 200°C (fan-forced). Line a large baking tray or roasting pan with baking paper. Spread pumpkin over tray. Drizzle over olive oil and toss to coat. Roast at the top of the oven for 50-60 minutes (turning pumpkin after 30 minutes) or until pumpkin is light golden brown and very soft. Remove from oven (leaving oven on) and set aside to cool.
2 Meanwhile, put half the spinach in a large colander. Pour over boiling water to just wilt leaves. Transfer spinach to a bowl. Repeat with remaining spinach. Squeeze any moisture out of spinach. Shred all spinach and transfer to a large bowl. Add pumpkin and finely chopped feta. Use a fork to mix until well combined, mashing up pumpkin as you mix. Season with pepper.

3 Spray a 22cm springform tin with cooking spray. Place a flat baking tray in oven to preheat.
4 Lay one sheet of filo pastry on a clean work surface, brush with a little melted margarine and put a second sheet on top, smoothing with the palm of your hand. Brush again with a little margarine and place another sheet on top. Reserve 150g of the filling. Set aside. Positioning a long side of the pastry nearest to you, spread $\frac{1}{3}$ of the remaining filling in a thin line 3cm from the bottom of the filo. Brush the 3cm strip of uncovered pastry with a little more melted margarine, fold this over the pumpkin mix, tucking in the filling, then roll up the pastry to create a thin sausage. Brush this with a little more margarine. Coil into a tight spiral. Lift and

place in the centre of the cake tin.
5 Repeat this process twice more, each time adding to the spiral in your cake tin. Brush one of the remaining two sheets of pastry with a little margarine. Top with the final sheet of filo. Fold the sheet in half crossways. Repeat filling, brushing and rolling as you did with other spirals. Use to fill the gap in tin.
6 Whisk egg yolk and milk in a small bowl. Liberally brush onto pie. Combine sesame seeds, oregano and sumac in a small bowl. Sprinkle sesame mixture over top of spiral. Put cake tin on hot tray and bake at the top of the oven for 30 minutes, until pastry is golden and crisp. Set aside for 5-10 minutes before removing from the tin. Serve with green salad. ■



How our
food works
for you
see page 79

NUTRITION INFO
 PER SERVE 1850kJ,
 protein 19g, total
 fat 22g (sat. fat 6g),
 carbs 38g, fibre 8g,
 sodium 711mg
 • Carb exchanges 2½
 • GI estimate
 medium

How our
food works
for you
see page 79

NUTRITION INFO
PER SERVE 2070kJ,
protein 50g, total
fat 18g (sat. fat 6g),
carbs 27g, fibre 9g,
sodium 752mg
• Carb exchanges 2
• GI estimate medium.

BEEF, LEEK & SWEDE PIE

Swede and bacon lend
richness and flavour to
the humble cottage pie.
see recipe, page 40 >>

Nothing says cosy quite like a pie

A top-down photograph of a rustic meal. A white ceramic plate, slightly off-center, holds a serving of mashed potatoes topped with a meat and vegetable sauce. The potatoes are bright yellow, and the sauce is dark with visible green bell peppers and red meat. The plate is set on a larger, weathered ceramic platter with a green and blue marbled pattern. A silver fork with a wooden handle lies on the platter, with a small portion of the food on its tines. The background is a blue and white painted wooden surface, with a blue cloth and a piece of burlap visible in the lower left.

comfort food

FIND YOUR
comfort
ZONE

Slip into something more comfortable
with these tummy-warming classics



GFO

PUMPKIN AND BEEF TAGINE

Fill your kitchen with the glorious aromas of a richly spiced stew. *see recipe, page 40 >>*

NUTRITION INFO

PER SERVE 2030kJ, protein 31g, total fat 20g (sat. fat 5g), carbs 39g, fibre 8g, sodium 492mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

FISH & MUSHROOM BAKE

Love fish pie? Try this creamy bake with a crunchy golden crust. *see recipe, page 41 >>*

NUTRITION INFO

PER SERVE 2250kJ, protein 40g, total fat 22g (sat. fat 10g), carbs 35g, fibre 10g, sodium 486mg

- Carb exchanges 2½
- GI estimate medium



comfort food

NUTRITION INFO

PER SERVE 585kJ,
protein 5g, total fat 10g
(sat. fat 5g), carbs 6g,
fibre 2g, sodium 141mg
• Carb exchanges $\frac{1}{2}$
• GI estimate low
• Gluten-free option
• Lower carb



GFO LC

PUMPKIN, MUSTARD & GRUYERE GRATIN

Spuds are swapped with
pumpkin for a lower-carb
spin on an old favourite.
see recipe, page 42 >>



KALE & COCONUT HOTPOT

Take two superfoods to create a divine and nourishing dinner.
see recipe, page 42 >>

NUTRITION INFO

PER SERVE 1670kJ,
protein 16g, total
fat 16g (sat. fat 5g),
carbs 40g, fibre 11g,
sodium 188mg
• Carb exchanges 2½
• GI estimate medium



GF

KASHMIRI ROGAN JOSH

Melt-in-the-mouth lamb is infused with fragrant spices.
see recipe, page 43 >>

NUTRITION INFO

PER SERVE 2290kJ,
protein 42g, total
fat 26g (sat. fat 5g),
carbs 31g, fibre 8g,
sodium 179mg
• Carb exchanges 2
• GI estimate low
• Gluten free



MIDDLE EASTERN-STYLE BREAD & BERRY PUDDING

PREP TIME: 15 MINS (+ 35 MINS STANDING)

COOK TIME: 45 MINS

SERVES 8 (AS AN OCCASIONAL DESSERT)

500ml (2 cups) skim milk, warmed
Pinch saffron threads
4 x 60g eggs
Pinch ground cardamom
2 Granny Smith apples, unpeeled, quartered, core removed, thinly sliced
65g (1/3 cup) raisins, finely chopped
250g punnet strawberries, thickly sliced
200g sliced wholemeal sourdough bread, cut into cubes
2 Tbsp raw sugar or granulated sugar substitute
2 Tbsp chopped, unsalted, shelled pistachios
Icing sugar, to serve (optional)

NUTRITION INFO
PER SERVE 840kJ, protein 10g, total fat 5g (sat. fat 1g), carbs 28g, fibre 4g, sodium 198mg
• Carb exchanges 2
• GI estimate low

PER SERVE (with sugar substitute) 780kJ, protein 10g, total fat 5g (sat. fat 1g), carbs 25g, fibre 4g, sodium 198mg • Carb exchanges 1 1/2
• GI estimate low

1 Combine warm milk and saffron in a medium heatproof bowl. Set aside for 10 minutes. Whisk in eggs and cardamom.
2 Layer half the apples, raisins and strawberries in a 1.5L (6 cup) ovenproof dish. Top with half the bread cubes and half the sugar. Top with remaining apple slices, raisins and strawberries. Top with remaining bread cubes. Pour over egg mixture. Press bread

down into egg mixture. Set aside for 15 minutes.

3 Preheat oven to 180°C (fan-forced). Sprinkle remaining sugar and pistachio nuts over bread mixture. Bake for 40-45 minutes or until bread is golden and egg mixture is set. Set aside for 10 minutes before serving. Dust with icing sugar, if you like.



comfort food

BEEF, LEEK & SWEDE PIE

PREP TIME: 45 MINS

COOK TIME: 3 HOURS

SERVES 6 (AS A MAIN)

1 Tbsp light margarine
1 Tbsp olive oil
2 large leeks, white part finely chopped, green part sliced
1 large carrot, finely chopped
2 sticks celery, finely chopped
100g lean shortcut bacon, fully trimmed
1kg extra lean beef mince
3 Tbsp plain flour
2 Tbsp Worcestershire sauce
5 sprigs thyme
875ml (3½ cups) water
375ml (1½ cups) salt-reduced beef stock

Topping

1kg swede, cut into chunks
350g sebago (brushed) potatoes, cut into chunks
1 Tbsp light margarine
100ml skim milk
A little freshly grated nutmeg
Freshly ground black pepper
25g reduced-fat grated cheddar cheese
25g fresh breadcrumbs

1 Preheat oven to 160°C (fan-forced). Heat margarine and 3 tsp oil in a large flameproof and ovenproof dish over medium heat. Add white part of the leeks, plus carrot and celery, to the pan. Cook, stirring often, for 6-7 minutes or until vegetables soften but don't colour. Increase heat to high and add bacon.



Beef, leek & swede pie

Cook, stirring often, for 3-4 minutes or until golden.

2 Meanwhile, heat half the remaining oil in a large non-stick frying pan over high heat. Add half the beef mince and cook, stirring often, until mince is brown. Transfer to a plate. Repeat with remaining oil and beef mince.

3 Add browned mince, flour, Worcestershire sauce and 3 sprigs of thyme to vegetable mixture. Cook, stirring, for 1 minute. Gradually stir in water and stock. Cover and bring mixture to a simmer. Transfer to oven. Cook for 1 hour. Stir in leek greens and cook for a further hour or until sauce thickens.

4 While filling is cooking, to make pie topping, cook swede and potato in a large saucepan of boiling water for 20 minutes, or until tender. Drain vegetables and return to pan. Cook over low heat, stirring, for 2-3 minutes to steam-dry vegetables. Add in 2 tsp margarine, milk, grated nutmeg and freshly ground black pepper. Mash until smooth.

5 Transfer mince mixture to individual dishes or one baking dish (or leave in the casserole dish if you prefer, discarding the sprigs of thyme). Cover with mash, using a fork to fluff up top. Rub



Pumpkin and beef tagine

cheddar cheese into breadcrumbs with the leaves from remaining sprigs of thyme and freshly ground black pepper. Sprinkle over mash and dot over with remaining margarine. Increase temperature to 180°C (fan-forced) and bake for 30 minutes or until golden and crisp on top.

PUMPKIN AND BEEF TAGINE

PREP TIME: 30 MINS

COOK TIME: 2 HOURS 45 MINS

SERVES 4 (AS A MAIN)

600g pumpkin, peeled and seeds removed, cut into large pieces
2 Tbsp olive oil
250g eschalots, halved
400g chuck steak, trimmed, cut into large pieces
1 Tbsp cumin seeds
1 Tbsp coriander seeds
1 tsp black peppercorns
1 stick cinnamon
2 whole cloves
1 bunch coriander, stalks roughly chopped, leaves picked
3cm piece ginger, peeled, roughly chopped
3 cloves garlic, crushed
1 long red chilli, deseeded, roughly chopped
Good pinch of saffron
500ml (2 cups) salt-reduced chicken stock or gluten-free stock



Fish & mushroom bake

8 pitted prunes, halved
2 Tbsp pomegranate molasses
70g (1/3 cup) quinoa, cooked
following packet instructions,
to serve
4 Tbsp low-fat natural
yoghurt, to serve

1 Preheat oven to 160°C (fan-forced). Line a large baking tray with baking paper. Toss pumpkin pieces in 1 Tbsp oil. Spread pumpkin out on lined tray and roast for 30 minutes or until it's almost tender, but not too soft.
2 Meanwhile, heat 2 tsp of remaining oil in a large non-stick frying pan over medium heat. Add eschalots and cook, stirring often, until they're golden brown. Transfer eschalots to a plate. Add half the remaining oil to pan and heat over medium-high heat. Add half the beef and cook for 2-3 minutes, turning often, or until well browned. Transfer to a plate and repeat with remaining oil and beef.
3 Heat a small non-stick frying pan over medium heat. Add cumin seeds, coriander seeds, peppercorns, stick of cinnamon and cloves. Cook, stirring often, for 2-3 minutes or until spices are aromatic and darker in colour. Set stick of cinnamon

aside with beef. Put rest of spices in a mortar. Use a pestle to pound to a powder. Add coriander stalks, ginger, garlic and chilli. Pound to a paste (adding a little water if necessary).

4 Return all beef to frying pan with reserved stick of cinnamon. Add spice paste and cook, stirring, for 1-2 minutes, adding a little water if paste starts to stick. Add saffron and stock. Cover and bring to a simmer over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 1 hour and 30 minutes.

5 Add prunes and pomegranate molasses to pan. Increase heat to medium and simmer, uncovered, for 30 minutes, stirring pumpkin in for last 10 minutes of cooking, or until liquid has reduced and tagine is rich and tasty.

6 Stir through coriander leaves and serve with quinoa and natural yoghurt.

FISH & MUSHROOM BAKE

PREP TIME: 30 MINS
COOK TIME: 40 MINS
SERVES 2 (AS A MAIN)

450g Spud Lite Potatoes,
unpeeled, very thinly sliced
100ml salt-reduced chicken
stock
100ml water
1 tsp olive oil
2 brown onions, sliced
Freshly ground black
pepper
50g crème fraîche
2 x 140g pieces skinless
and boneless white
fish fillets, steamed
(see Cook's Tip)

140g mixed mushrooms,
chopped or sliced
20g light margarine
3 sprigs lemon thyme, leaves
removed
30g brioche, processed to
breadcrumbs
1 Tbsp parmesan, finely grated
1 lemon, peeled and segmented
60g baby spinach leaves, steamed,
to serve

1 Preheat oven to 160°C (fan-forced). Put potatoes in a large saucepan and cover with stock and water. Cover and bring to boil over high heat. Reduce heat to medium and simmer for 8-10 minutes or until tender. Use a slotted spoon to carefully remove potatoes from saucepan. Reserve stock.

2 Heat oil in a medium non-stick frying pan. Add onions and cook, stirring occasionally, for 8 minutes or until onions are golden brown. Spread onions over a 26 x 5cm deep ovenproof dish. Arrange potato slices over the top. Season with black pepper.

3 Pour over combined stock and water (stock should soak into onions, leaving potatoes dry). Spoon crème fraîche over potatoes. Top with fish and mushrooms. Dot margarine over the top. Cover with foil and bake for 10 minutes.

4 Meanwhile, combine sprigs of lemon thyme, breadcrumbs ➤

Cook's Tip
This tagine is even better if cooled and served the next day. This tagine will last for up to 3 days in the fridge or can be frozen for 2 months.



comfort food

and parmesan in a small bowl.

5 Remove foil from fish and sprinkle over crumb topping. Return to oven and bake for a further 5 minutes. Preheat grill on medium and put the bake under grill for 2-3 minutes or until topping is golden brown.

6 To give the dish some acidity, lay lemon segments in a roasting tin and then char them with a blowtorch, or char in a chargrill pan over a high heat. Arrange lemon on top of golden crust and serve with spinach.

COOK'S TIP

Cook fish in a steamer basket over a wok of simmering water for 5-6 minutes or until fish flakes with a fork.

PUMPKIN, MUSTARD & GRUYERE GRATIN

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 30 MINS

SERVES 12 (AS A SIDE)

- 1 Tbsp light margarine
- 1 Tbsp olive oil
- 2 brown onions, halved, thinly sliced
- 2 cloves garlic, peeled, squashed
- 8 sage leaves
- 300ml light thickened cream
- 200ml skim milk
- 2 Tbsp wholegrain mustard or gluten-free mustard
- Freshly ground black pepper
- 950g peeled and deseeded piece of pumpkin, quartered, thinly sliced
- 100g Gruyere, grated



Pumpkin, mustard & Gruyere gratin

1 Heat margarine and oil in a large non-stick frying pan over medium heat. Add onions and stir well. Reduce heat to medium-low and cook, stirring occasionally, for 10-15 minutes or until onions are very soft.

2 Meanwhile, put garlic and half the sage leaves into a small saucepan. Add cream and milk to pan and cook over medium heat, stirring occasionally, for 5 minutes (do not allow mixture to boil). Remove pan from heat and set aside to cool for 10 minutes. Remove sage and garlic and discard. Stir in mustard and season with pepper.

3 Preheat oven to 160°C (fan-forced). Layer pumpkin slices, onions, most of the cheese and the infused cream into a large baking dish, finishing with a layer of cream. Sprinkle over remaining cheese and sage leaves.

4 Cover dish with foil and bake for 45 minutes. Uncover dish and increase temperature to 180°C (fan-forced). Bake, uncovered, for a further 20-30



Kale & coconut hotpot

minutes or until it's golden brown and pumpkin is tender. Set gratin aside for 10 minutes before serving.

KALE & COCONUT HOTPOT

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 6 (AS A MAIN)

- 1kg sebago (brushed) potatoes, chopped
- 2 Tbsp light margarine
- Generous grating of nutmeg
- Freshly ground black pepper
- 700ml unsweetened soy milk
- 500g celeriac, peeled, cut into even-sized chunks
- 2 Tbsp olive oil
- 500g leeks, trimmed, sliced
- 3 cloves garlic, thinly sliced
- 1 Tbsp curry powder
- 200ml Carnation Light & Creamy Evaporated Milk
- 200ml light coconut milk
- 250g kale, inner core removed, chopped
- 25g fresh breadcrumbs
- ½ bunch coriander, chopped

1 Put potatoes in a large saucepan and cover with plenty of water. Cover and bring to boil over high heat. Reduce heat to medium and cook, partially covered, for 12 minutes or until tender. Drain well and return to pan. Add margarine and mash

Winter's end doesn't have to mean the end of robust, satisfying meals



Kashmiri rogan josh

until smooth. Season with nutmeg and pepper.

2 Meanwhile, put soy milk and celeriac in a medium saucepan. Bring to boil over high heat. Reduce heat to medium and simmer for 15 minutes or until celeriac is tender. Drain, reserving milk. Put celeriac and a little milk in a small food processor and process to a puree. Season with pepper. Add celeriac to potato and mix until well combined.

3 Preheat oven to 180°C (fan-forced). Heat oil in a large non-stick frying pan over medium heat. Add leeks and cook, stirring occasionally, for 5 minutes. Add garlic and curry powder. Cook, stirring, for 2 minutes. Pour in evaporated milk and coconut milk. Bring to a simmer. Add kale and simmer for 2 minutes or until kale softens. Transfer greens to an ovenproof dish. Top with mash. Sprinkle with breadcrumbs and coriander. Bake for 12-15 minutes or until topping is golden brown. Serve.

KASHMIRI ROGAN JOSH

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 40 MINS

SERVES 4 (AS A MAIN)

2 black cardamom pods
(see Cook's Tip)

8 green cardamom pods
6 whole cloves
1 stick cinnamon
2 dried bay leaves
2 tsp cumin seeds
Pinch ground chillies
3 Tbsp sunflower oil
600g lamb leg steaks,
trimmed of fat, chopped
8 cloves garlic, crushed
Small piece ginger, finely grated
200g natural yoghurt
1 Tbsp ground coriander
2 tsp fennel seeds
1 tsp garam masala
2 Tbsp almond meal
Freshly ground black pepper
110g (½ cup) basmati rice, cooked
following packet directions
(with a pinch of saffron
thrown in), to serve
2 cups broccoli florets,
steamed, to serve
2 large carrots, sliced,
steamed, to serve
Coriander leaves, to serve

1 Put black and green cardamom pods, cloves, stick of cinnamon, bay leaves, cumin seeds and ground chillies in a spice grinder and grind to a fine powder (alternatively, you can use a mortar and pestle to grind spices up). Set them aside.

2 Heat oil in a large non-stick saucepan over high heat. Add in lamb and cook,

stirring occasionally, for 8-10 minutes or until well browned. Add cloves of garlic and grated ginger and reduce heat to medium. Cook, stirring, for 2 minutes.

3 Give yoghurt a good stir to break up any lumps, then add half of it to pan. Cook, stirring, over medium-high heat, folding yoghurt into lamb, for 8-10 minutes or until it has been fully absorbed by meat. Repeat with next batch of yoghurt, stirring constantly as before. Once it is boiling, reduce heat to a simmer. Cook, stirring occasionally, until it has reduced by about a third.

4 Add reserved ground spices and ground coriander to pan. Cook, stirring, for 2 minutes. Cover and cook over low heat, stirring occasionally, for 1 hour and 10 minutes, or until meat is tender. If sauce starts to look dry, add a splash of water.

5 Grind fennel seeds to a fine powder in a spice grinder (or using a pestle and mortar) and then add to pan with garam masala, almond meal and a good grinding of black pepper. Cook, stirring, for 1 minute. Serve rogan josh with basmati rice, as well as steamed broccoli and carrots. Sprinkle with coriander leaves before serving. ■

Cook's Tip
Black cardamom pods are available from an Asian supermarket. If you can't get them, just increase the green cardamom pods.



HAIL to KALE

Kale gives a meal new personality, so give these dishes a go

WARM KALE SALAD WITH ALMONDS & PROSCIUTTO

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A LIGHT MEAL)

2 eschalots, thinly sliced into rounds
1 tsp olive oil
2 Tbsp whole blanched almonds
Good pinch sweet smoked paprika
200g kale, large inner stalks removed, leaves roughly chopped
4 sticks celery, thinly diagonally sliced

2 thin slices prosciutto, cut lengthways into strips
15g shaved parmesan

Dressing

2 Tbsp sherry vinegar
2 tsp extra virgin olive oil
2 tsp Dijon mustard or gluten-free mustard
1 tsp caster sugar
Freshly ground black pepper
2 Tbsp raisins

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Toss the eschalots and ¼ tsp oil and place on the lined tray. Roast for 10 minutes, stirring halfway, until they start to soften and turn slightly golden.

2 Meanwhile, to make the dressing, whisk the vinegar, oil, mustard, sugar and pepper in a medium bowl. Stir in the raisins and set aside.

3 Line a small ovenproof dish with baking paper. Toss the almonds, paprika and ½ tsp of the remaining oil. Rub the kale with the remaining ¼ tsp oil.

4 Remove the eschalot tray from the oven and mix in the kale. Return the kale mixture to the oven with the almond mixture. Roast for 7 minutes, giving the kale a turn halfway through.

5 Add the kale mixture and celery to the dressing, tossing to coat. Divide the kale mixture and prosciutto between plates. Sprinkle over the almonds and cheese to serve.

NUTRITION INFO
PER SERVE 1340kJ,
protein 11g, total
fat 18g (sat. fat 4g),
carbs 18g, fibre 5g,
sodium 563mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb

GFO

LC





CREAMY PASTA WITH KALE AND CHILLI

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

140g dried pasta (such as orecchiette)

300g kale, large inner stalks removed, leaves shredded

1 Tbsp olive oil

4 anchovies in oil, drained

1 red chilli, thinly sliced (deseeded if you don't like it too hot)

Zest of 1 lemon

Juice of ½ lemon

½ tsp freshly grated nutmeg

125g Philadelphia extra light cooking cream

2 Tbsp shredded parmesan

Freshly ground black pepper

Avocado salad

2 cups mixed salad leaves

1 small avocado, sliced or chopped
Juice of ½ small lemon

1 Cook pasta in a large saucepan of boiling water following packet directions, adding kale in the last 4 minutes (pushing kale down into the pan a handful at a time), cooking until the pasta is al dente and the kale is bright and tender. Drain the pasta and kale, reserving 100ml of the cooking liquid.

2 Meanwhile, heat oil in a large non-stick frying pan over medium heat. Add anchovies and chilli. Cook, stirring often, for 2-3 minutes or until anchovies dissolve into oil. Add lemon zest and nutmeg and cook, stirring, for 10 seconds. Add

cooking cream and half the lemon juice. Remove pan from heat.

3 Add pasta and kale to cream mixture with parmesan and reserved cooking water. Toss until everything is well coated. Season with pepper.

4 Meanwhile, to make avocado salad, combine the salad leaves, avocado and lemon juice in a bowl.

5 Serve pasta with avocado salad.

COOK'S TIP

The anchovies in the sauce are subtle but important; they won't taste fishy, but will instead give an intense savoury edge that stands up to the slightly bitter greens. ➤

How our food works for you

see page 79

NUTRITION INFO

PER SERVE 1320kJ, protein 10g, total fat 14g (sat. fat 4g), carbs 32g, fibre 5g, sodium 402mg

• Carb exchanges 2

• GI estimate low



NUTRITION INFO **GF0**
PER SERVE 1260kJ, **LC**
protein 27g, total
fat 12g (sat. fat 3g),
carbs 16g, fibre 6g,
sodium 330mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb

Hearty, healthy and oh-so moreish

SPICED BLACK BEAN & CHICKEN SOUP WITH KALE

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

- 1 Tbsp olive oil
- 2 cloves garlic, crushed
- Small bunch coriander, washed and dried, stalks finely chopped, leaves picked
- Zest 1 lime, then lime cut into wedges
- 2 tsp ground cumin
- 1 tsp chilli flakes
- 400g can no-added-salt chopped tomatoes
- 400g can no-added-salt black beans, rinsed and drained

- 350ml water
- 250ml (1 cup) salt-reduced chicken stock or gluten-free chicken stock
- 250g kale, inner stalks removed, chopped
- 250g cooked skinless chicken breast fillet, shredded (see Cook's Tip)
- Freshly ground black pepper
- 40g reduced-fat feta, crumbled

1 Heat the oil in a large saucepan over medium heat. Add the garlic, coriander stalks and lime zest. Cook, stirring, for 2 minutes. Add the cumin and chilli flakes. Cook, stirring, for 1 minute. Add the tomatoes, beans, water and stock to the pan. Cover and bring

to the boil over high heat. Use a potato masher to crush the beans against the bottom of the pan a few times (this will thicken the soup a little).

2 Stir the kale into the soup and simmer for a further 5 minutes or until tender. Stir in the chicken and cook for 2 minutes, or until heated through. Season with pepper.

3 Divide soup between serving bowls. Scatter with the feta and coriander leaves. Use the remaining lime in wedges for the table. Serve immediately.

COOK'S TIP

You can poach, chargrill or steam the chicken.

KALE WITH CHICKPEAS & COCONUT

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN OR 6 AS A SIDE)

- 1 Tbsp light margarine
- 1 brown onion, finely chopped
- 3cm piece ginger, grated
- 2 heaped tsp cumin seeds
- 1 tsp each ground turmeric and ground coriander
- 2 Tbsp no-added-salt tomato puree
- 200g kale, large inner stalks removed, leaves finely shredded
- 400g can no-added-salt chickpeas, rinsed and drained
- 250ml (1 cup) salt-reduced vegetable stock or gluten-free vegetable stock
- 30g fresh coconut, grated
- 4 Tbsp low-fat Greek-style natural yoghurt
- 1 Tbsp mango chutney

To serve

- 1 Tbsp olive oil
- 3 cloves garlic, thinly sliced
- 2 Tbsp dried curry leaves (optional)

1 Heat the margarine in a large, deep non-stick frying pan over medium heat. Add the onion and then cook, stirring occasionally, for 6-7 minutes or until it softens slightly. Increase heat to high and add the ginger, cumin, turmeric and

ground coriander. Cook, stirring, for 2 minutes or until fragrant.

2 Stir the tomato puree, kale, chickpeas, stock and two-thirds of the coconut into the pan. Stir well. Cover the pan and bring to a simmer. Reduce heat to medium-low and cook, covered, for 10 minutes or until the kale wilts right down. Stir in the yoghurt and chutney. Don't allow the mixture to boil once

the yoghurt has been added. Remove the pan from the heat and set aside, covered.

3 Heat the oil in a small non-stick frying pan over medium-high heat. When it's hot, add the garlic and curry leaves, and cook until the garlic begins to turn golden. Spoon the oil, garlic and curry leaves over the chickpeas and kale. Top with the remaining coconut and serve. ■



NUTRITION INFO **GFO**

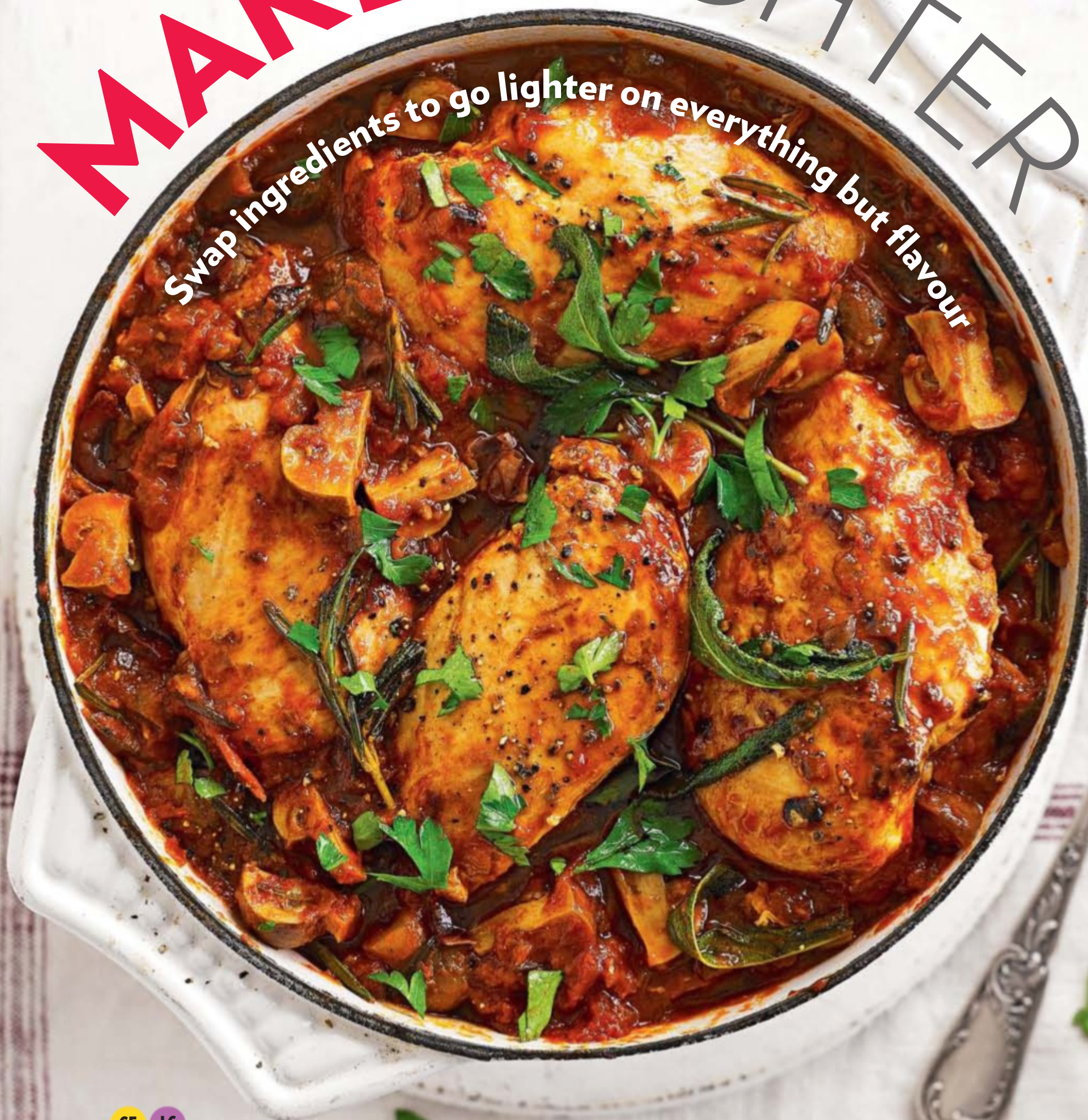
PER SERVE (as a main) 1870kJ, protein 16g, total fat 23g (sat. fat 8g), carbs 36g, fibre 14g, sodium 590mg • Carb exchanges 2½ • GI estimate low • Gluten-free option

PER SERVE (as a side) **GFO**

623kJ, protein 5g, total fat 8g (sat. fat 3g), carbs 12g, fibre 5g, sodium 197mg • Carb exchanges 1 • GI estimate low • Gluten-free option

MAKE it LIGHTER

Swap ingredients to go lighter on everything but flavour



GF

LC

CHICKEN CACCIATORE

Skinless chicken is the key
to flavours that are still
bold, but better for you.

see recipe, page 53 >>

NUTRITION INFO

PER SERVE 1340kJ, protein 39g,
total fat 10g (sat. fat 2g), carbs 7g,
fibre 8g, sodium 339mg

- Carb exchanges $\frac{1}{2}$ • GI estimate low
- Gluten free • Lower carb

*Hearty dinners can
be healthy too!*



How our
food works
for you

see page 79

LC

**LANCASHIRE
HOTPOT**

Lean lamb and lashings of
veg make this a perfect
spring sensation.

see recipe, page 53 >>

NUTRITION INFO

PER SERVE 1840kJ,
protein 34g, total
fat 20g (sat. fat 7g),
carbs 26g, fibre 9g,
sodium 294mg

- Carb exchanges 1½
- GI estimate medium
- Lower carb



Cook's Tip

You can freeze any leftover meatballs and spaghetti in portions in freezer proof airtight containers for up to 3 months.

NUTRITION INFO

PER SERVE 1500kJ,
protein 21g, total
fat 8g (sat. fat 2g),
carbs 46g, fibre 8g,
sodium 120mg
• Carb exchanges 3
• GI estimate low

SPAGHETTI AND MEATBALLS

PREP TIME: 30 MINS

COOK TIME: 25 MINS

SERVES 6 (AS A MAIN)

280g dried spaghetti
Few chopped oregano leaves,
to garnish
2 cups mixed garden salad,
per person, to serve

Meatballs

400g can no-added-salt lentils,
rinsed, drained
250g lean pork mince
½ tsp finely chopped rosemary
½ tsp Dijon mustard
1 clove garlic, crushed
Freshly ground black pepper

Sauce

1 Tbsp olive oil
2 eschalots, finely chopped
2 cloves garlic, finely chopped
500g cherry tomatoes, halved
125ml (½ cup) water
2 tsp salt-reduced tomato sauce

Pinch chilli flakes
2 Tbsp chopped oregano

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.
2 To make meatballs, put lentils in a large bowl and use back of a fork to break them down a bit, but not completely. Add pork, rosemary, mustard and garlic. Season with pepper. Divide mixture into 4 portions. Shape each portion into 5 small balls (for 20 in total). Place meatballs on lined tray and spray with cooking spray. Bake for 15 minutes or until cooked through and lightly browned. Set aside.
3 Meanwhile, for sauce, heat 2 tsp oil in a large non-stick frying pan. Add eschalots and garlic. Cook, stirring often, for 3-4 minutes or until softens slightly. Add remaining oil. Place tomatoes, cut-side down, in pan. Increase heat to high and cook for 3-4 minutes or until tomatoes start to soften and release their juices

(don't stir or they may lose their shape). Add water and tomato sauce to pan. Stir gently to combine. Reduce heat to medium and simmer for 2 minutes. Stir in chilli flakes and oregano.

4 Pour some sauce over base of an ovenproof dish. Add meatballs and spoon over rest of sauce. Cover with foil and bake for 10 minutes.

5 While meatballs are cooking, cook spaghetti in a large saucepan of boiling water until it's al dente. Drain well.

6 Divide spaghetti and meatballs between shallow serving bowls. Sprinkle over oregano leaves to garnish. Serve with garden salad.

HOW THIS IS *healthier*

- **By mixing in** some lentils with the mince, the saturated fat levels have been dramatically reduced.
- **The herbs**, mustard and garlic enhance the fresh tomato sauce flavour, without the need to add in any salt. ➤

healthy swaps

CASSOULET

Beans are the star in this delicious dish, which will have everyone coming back for seconds. [see recipe, page 54 >>](#)

NUTRITION INFO

PER SERVE 1970kJ,
protein 42g, total
fat 16g (sat. fat 5g),
carbs 29g, fibre 15g,
sodium 744mg
• Carb exchanges 2
• GI estimate low

feed a
CROWD

*Cassoulet isn't
quick, but is worth
stewing over*

NUTRITION INFO

PER SERVE 1050kJ,
protein 18g, total
fat 11g (sat. fat 7g),
carbs 16g, fibre 8g,
sodium 382mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb



GFO LC

CAULIFLOWER CHEESE

Think you can't do cheese sauce as part of a healthy diet? Well think again. It's all about what you leave in – and out.

see recipe, page 55 >>



Chicken cacciatore

CHICKEN CACCIATORE

PREP TIME: 15 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A MAIN)

- 1 Tbsp olive oil
- 3 thin slices prosciutto, fat removed, chopped
- 1 brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 sprigs sage
- 2 sprigs rosemary
- 4 x 125g skinless chicken breasts, trimmed of fat
- Freshly ground black pepper
- 150ml dry white wine
- 400g can no-added-salt whole peeled tomatoes
- 1 Tbsp no-added-salt tomato sauce
- 250g mushrooms, quartered or halved, if large
- 80ml (⅓ cup) water
- Chopped flat-leaf parsley, to serve
- 250g broccoli, cut into florets, steamed, to serve
- 250g cauliflower, cut into florets, steamed, to serve

1 Heat oil in a large non-stick frying pan over medium heat. Add prosciutto and cook, stirring, for 2 minutes or until crisp. Use a slotted spoon to transfer prosciutto to a plate lined with paper towel. Add onion, garlic, sage and rosemary to pan. Cook, stirring occasionally, for 4-5 minutes or until onion softens.



Lancashire hotpot

2 Spread onion out in frying pan and top with chicken breasts. Season with pepper and cook for 4-5 minutes, turning chicken once to brown on both sides, until onion starts to caramelise on bottom of pan. Transfer chicken to a plate. Increase heat to high and stir onions. Add wine and simmer for 2 minutes or until wine reduces slightly.

3 Return prosciutto to pan and reduce heat to medium. Add in tomatoes (breaking them up with a spoon), tomato sauce and mushrooms. Add water to the empty can of tomatoes, swirl around and then add to pan. Cover and simmer over medium-low heat for 15-20 minutes or until sauce thickens and reduces slightly.

4 Return chicken to pan and cook for 10-12 minutes or until chicken is cooked through. Sprinkle with parsley and then serve with steamed broccoli and cauliflower.

HOW THIS IS *healthier*

- **Using skinless chicken breasts** (or removing the skin before you start cooking) reduces the fat content.

- **Trimming fat from prosciutto** slices helps too, as does draining any fat back into the pan after you've fried it.
- **This recipe uses extra mushrooms** to boost your vegetable and nutrient intake

LANCASHIRE HOTPOT

PREP TIME: 40 MINS

COOK TIME: 2 HOURS 30 MINS

SERVES 4 (AS A MAIN)

- 1 Tbsp plain flour
- Freshly ground black pepper
- 650g boned lamb shoulder, excess fat trimmed, cut into 5cm pieces
- 1 Tbsp olive oil
- 2 brown onions, halved lengthways, thinly sliced
- 3 carrots, halved lengthways, cut into bite-sized chunks
- 250g swede, cut into bite-sized chunks
- 3 sprigs thyme
- 2 bay leaves
- 200ml salt-reduced chicken stock
- 1 tsp Worcestershire sauce
- 600g Spud Lite potatoes, unpeeled, very thinly sliced

- 1 Preheat oven to 170°C** (fan-forced). Place flour on a large plate and season with pepper. Add lamb and toss to coat in flour. Set aside.
- 2 Heat 2 tsp of** oil in a large, deep non-stick frying pan over medium-high heat.

Add onions, carrots, swede, thyme and bay leaves to pan. Cook, stirring occasionally, for 6-7 minutes or until vegetables start to go brown around the edges and on the bottom of the pan. Pour stock into pan and remove from heat. Stir in Worcestershire sauce. ➤



Cook's Tip
If your casserole dish is very full once everything is layered up, cover the top potato layer with baking paper to stop it sticking to the lid.

healthy swap

3 Overlap a single layer of potato slices in the bottom of a 2L (8 cup) ovenproof dish with a lid. Lay half the lamb over potatoes, then spoon half the vegetable mix over the meat. Season with some freshly ground black pepper.

3 Sit rest of lamb on top, then tip the rest of the vegetables, herbs and all the liquid over lamb. Press down with the back of a spoon, if necessary, to make space for remaining potatoes. Start to layer up potato slices in 3 tightly overlapping layers, seasoning each layer with pepper and brushing with some of the remaining oil as you go (reserve some of the oil to use for the top layer). Cover dish with a tightly fitting lid and then bake for 10 minutes.

4 Reduce oven to 140°C (fan-forced). Cook for a further 2 hours or until lamb is really tender and potatoes are cooked. Take lid off and place under a grill preheated to medium for 8-10 minutes or until potatoes are golden and crisp around the edges. Remove hotpot from oven and set hotpot aside for 5-10 minutes. Serve.

HOW THIS IS *healthier*

- **Fat and saturated fat** are reduced by trimming excess fat from the meat.
- **The fat is reduced** (especially saturated fat) even further by replacing butter with olive oil for the potato topping, and by using the minimum amount of oil for frying.
- **Extra veg increases the** 5-a-day.
- **Worcestershire sauce** and herbs help to increase the flavour and keep the salt content low.

CASSOULET

PREP TIME: 30 MINS

(+ OVERNIGHT SOAKING)

COOK TIME: 4 HOURS 30 MINS

SERVES 6 (AS A MAIN)

350g dried white beans
(such as navy beans)
2L (8 cups) water
7 cloves garlic
5 sprigs thyme
3 sprigs rosemary
200g lean rindless bacon,
chopped
1 bay leaf
1 Tbsp olive oil
1 brown onion, chopped
1 large carrot, finely chopped
2 tsp light margarine
500g pork shoulder, trimmed
of fat, chopped
125ml (½ cup) white wine
½ x 400g can no-added-
salt whole tomatoes
2 thin pork sausages

Topping

25g panko or
coarse dried
breadcrumbs
1 clove garlic,
finely chopped
1 tsp finely grated
lemon zest
2 tsp olive oil
Freshly ground black pepper

1 Put beans in a very large bowl and cover with plenty of water. Cover and set aside to soak overnight.

2 Tip beans into a large colander to drain, discarding water. Transfer to a large, deep saucepan and cover with fresh cold water (about 2 litres), so it is sitting about 3cm above beans. Add 3 cloves garlic, 2 sprigs thyme and 1 sprig rosemary. Bring to boil over high heat. Reduce heat to medium-low and cook, partially covered, for 1 hour and 30 minutes, checking



water level occasionally. Add bacon to pan, checking there is still enough water to cover everything. Simmer for a further 30 minutes.

3 Meanwhile, wrap remaining sprigs of thyme and rosemary in bay leaf and tie with string to make a bouquet garni. Heat oil in a large, deep ovenproof frying pan or flameproof and ovenproof dish over medium heat. Add onion and carrot and cook, stirring occasionally, for 5 minutes. Finely chop remaining 4 cloves garlic. Add margarine to pan and

stir until it melts. Add garlic and cook, stirring often, for 2 minutes. Increase heat to high and add pork shoulder. Cook, turning often, for 2-3 minutes or until browned. Add wine to pan and simmer for 1-2 minutes or until it reduces slightly. Add tomatoes and bouquet garni and simmer for 3 minutes. Season with pepper. Remove pan from heat and set aside.

4 Preheat oven to 160°C (fan-forced). Drain beans into a large colander set over a large bowl so you can reserve cooking liquid. Remove and discard herb stems. Squash softened cloves garlic

Cook's Tip

The cassoulet can be made and chilled 1-2 days ahead. As the beans absorb more liquid while in the fridge, chill the extra bean cooking liquid, too. Use it to keep the cassoulet moist during reheating.



Cauliflower cheese

with a spoon, then stir through beans and bacon. Tip this into pan with pork shoulder, then pour in 600ml reserved cooking liquid. Simmer gently, uncovered, for 30 minutes until you have a moist, soupy consistency.

5 Meanwhile, lay sausages on a small baking tray lined with baking paper and roast for 15-20 minutes, turning halfway through, until brown. Set aside to cool for 5 minutes. Cut into 1cm-thick diagonal slices. Reduce oven temperature to 140°C (fan-forced).

6 Tuck sausage slices into beans and then transfer dish to oven. Bake, uncovered, for 1 hour and 30 minutes.

7 To make topping, combine panko crumbs, garlic, lemon zest, oil and freshly ground black pepper. By now the meat should be almost tender and the cassoulet moist and juicy, not dry. (If needed, pour in some reserved cooking liquid.) Scatter crumb mix over and cook for 20-25 minutes or until topping is golden. Serve.

HOW THIS IS *healthier*

- **The recipe uses** lean meats and trims excess fat to reduce the fat and saturated fat content.
- **Using fewer breadcrumbs** for the topping cuts the kilojoules.
- **Replacing goose fat** with a mixture of olive oil and light

margarine helps to lower the saturated fat further.

- **Extra veg increases the 5-a-day.**
- **No salt is added** to season. Instead, flavour is added with garlic, herbs, lemon zest, wine and tomatoes.

CAULIFLOWER CHEESE

PREP TIME: 20 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

400ml light milk

2 Tbsp cornflour or gluten-free cornflour

2 cloves garlic

1 large (about 1kg) cauliflower, untrimmed

75g reduced-fat vintage cheddar, coarsely grated

25g parmesan, coarsely grated

1 Tbsp chopped chives

Freshly ground black pepper

1½ tsp Dijon mustard or gluten-free mustard

150ml buttermilk

4 cups baby spinach leaves, to serve

1 Tbsp balsamic vinegar, to serve

1 Mix 2 Tbsp milk in a small bowl with cornflour. Set aside. Press garlic in a garlic crusher to smash – but not crush. Place garlic in a saucepan with rest of milk and heat over medium heat until it just comes to the boil. Remove pan from heat and set aside to allow garlic to infuse into milk.

2 Meanwhile, trim leaves from cauliflower and cut out thick main stalk. Cut into florets. Bring a large saucepan of water to boil. Add cauliflower, return to boil, and simmer for about 5 minutes until it is just cooked, but still with a bit of bite.

3 Preheat oven to 180°C (fan-forced). Tip cauliflower into a large colander, drain

well and then transfer to a 1.5L (6 cup) shallow ovenproof dish. Combine cheddar and parmesan in a bowl. Stir 2 heaped Tbsp of the cheeses with chives. Season with pepper. Reserve remaining cheeses for sprinkling over later.

4 Stir cornflour mix into warm milk. Return pan to heat and cook, stirring, over medium heat, until it comes to the boil and thickens and is smooth. Remove pan from heat and discard garlic. Stir in chives and cheese mixture until it melts. Stir in mustard and buttermilk. Season with pepper.

5 Pour cheese sauce over cauliflower to evenly coat. Sprinkle over reserved cheese mix. Bake for about 25 minutes or until top is bubbling and golden. Drizzle the spinach leaves with the vinegar and serve the cauliflower cheese.

HOW THIS IS *healthier*

- **Using a simple cornflour** sauce, without butter, instead of a roux, reduces the total fat and saturated fat content.
- **Using light milk** combined with buttermilk helps to lower the fat content even further.
- **Strong flavoured cheeses** provide a punch of flavour in smaller quantities, helping to keep the sodium, fat and kilojoule content lower. ■



NUTRITION INFO

PER SERVE 1370kJ,
protein 30g, total
fat 12g (sat. fat 2g),
carbs 20g, fibre 9g,
sodium 370mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

GFO LC

CHICKEN SATAY SALAD

With the crunch of
pomegranate, this is
anything but just a salad.
see recipe, page 60 >>

SALADS

with attitude

Limp lettuce and floppy cucumbers
are yesterday's news. Today's filling
salads are all about spice and zing



GFO
**PRAWN,
 MANGO & PEANUT
 CRUNCH SALAD**

It's the catch of the day as
 fruit meets fruits de mer.
see recipe, page 60 >>

How our
 food works
 for you
 see page 79

NUTRITION INFO
 PER SERVE 1780kJ,
 protein 32g, total
 fat 16g (sat. fat 3g),
 carbs 34g, fibre 13g,
 sodium 694mg
 • Carb exchanges 2½
 • GI estimate low
 • Gluten-free option

NUTRITION INFO **GFO** **LC**

PER SERVE 1180kJ, protein 26g, total fat 13g (sat. fat 2g), carbs 12g, fibre 8g, sodium 475mg • Carb exchanges 1
• GI estimate low • Gluten-free option
• Lower carb

Cook's Tip
To cook the chicken
you can steam,
poach or
chargrill it.

ASIAN CHICKEN SALAD

PREP TIME: 15 MINS

SERVES 2 (AS A LIGHT MEAL)

- 1 Lebanese cucumber, made into noodles with a spiraliser or peeled into ribbons using a vegetable peeler
- 2 carrots, made into noodles with a spiraliser or peeled into ribbons using a vegetable peeler
- 100g mixed salad leaves
- 4 green shallots, diagonally sliced
- 200g cooked skinless chicken breast, thinly sliced (see Cook's Tip)
- 2 tsp sesame seeds

Dressing

- 1 Tbsp sesame oil
- 1 Tbsp rice wine vinegar
- 1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1 Tbsp grated ginger
- 1 tsp caster sugar

1 Put cucumber, carrot, salad leaves, shallots, chicken and sesame seeds in a bowl. Toss to combine.

2 To make dressing, whisk all ingredients in a small bowl or put in a small screw-top jar. Seal and shake well.

3 To serve, toss dressing into salad and serve immediately.





GF

SWEET PEPPERONATA SALAD

This art on a plate
is almost too good
to eat ... almost.
see recipe, page 61 >>

NUTRITION INFO

PER SERVE 1190kJ,
protein 10g, total
fat 7g (sat. fat 1g),
carbs 39g, fibre 11g,
sodium 211mg
• Carb exchanges 2½
• GI estimate low
• Gluten free

basics



Chicken satay salad



Prawn, mango & peanut crunch salad



Sweet pepperonata salad

CHICKEN SATAY SALAD

PREP TIME: 15 MINS

(+ 1 HOUR MARINATING)

COOK TIME: 10 MINS

SERVES 2 (AS A LIGHT MEAL)

- 2 tsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tsp mild curry powder or gluten-free curry powder
- ½ tsp ground cumin
- 1 clove garlic, finely grated
- 1 tsp honey
- 200g chicken or turkey breast fillets, trimmed of fat
- 1 Tbsp no-added-salt and no-added-sugar crunchy peanut butter
- 2 tsp sweet chilli sauce or gluten-free sweet chilli sauce
- 1 Tbsp fresh lime juice
- 1 Tbsp water
- 1 tsp olive oil
- 1 baby cos lettuce, cut into wedges
- 1 Lebanese cucumber, halved, sliced

- 1 green shallot, halved, thinly sliced
- 1 cup coriander leaves, chopped
- Seeds from ½ a pomegranate

- 1 Combine soy sauce,** curry powder, cumin, garlic and honey in a shallow dish. Slice chicken breasts in half horizontally. Add chicken to marinade and turn to coat. Cover and set aside for at least 1 hour, or overnight, to marinate.
- 2 Meanwhile,** combine peanut butter, chilli sauce, lime juice and water in a small bowl.
- 3 Heat oil in** a large non-stick frying pan over medium heat. Add chicken and cook for 2-3 minutes each side, or until cooked through. Transfer to a plate and set aside to rest for a few minutes.
- 4 Toss lettuce, cucumber,** shallot, coriander leaves and pomegranate seeds in a bowl. Divide between serving plates. Spoon some satay sauce over each salad. Slice chicken and pile on top of salad. Spoon over remainder of sauce and serve immediately.

PRAWN, MANGO & PEANUT CRUNCH SALAD

PREP TIME: 15 MINS

SERVES 4 (AS A MAIN)

- 600g cooked king prawns, peeled and deveined
- 1 mango, flesh removed, chopped
- 200g frozen shelled edamame, defrosted
- 150g shredded white cabbage
- 1 red capsicum, finely sliced
- 2 large carrots, coarsely grated
- 100g unsalted peanuts, roughly chopped
- Handful each mint and Thai basil or coriander, shredded

Dressing

- Zest and juice of 2 large limes
- 3 Tbsp mango chutney or gluten-free mango chutney
- 1 red chilli, deseeded, finely chopped
- 2 tsp fish sauce

- 1 To make salad dressing,** whisk all ingredients in a small bowl or put in a small screw-top jar. Put on lid and then shake well to combine.
- 2 Put peeled prawns,** mango, edamame, cabbage, capsicum, carrot, peanuts and herbs in a large bowl. Toss well to combine.
- 3 Add dressing** to salad and toss well to coat thoroughly. Serve immediately.

Satay flavours are a zesty way to pep up a chicken salad

SWEET PEPPERONATA SALAD

PREP TIME: 15 MINS

COOK TIME: 1 HOUR 10 MINS

SERVES 6 (AS A LIGHT MEAL)

10 large red, orange or yellow capsicums
4 Tbsp sherry vinegar
2 Tbsp olive oil
1½ Tbsp honey
Freshly ground black pepper
85g sultanas
½ small white onion, finely chopped
1 clove garlic, crushed
Small bunch flat-leaf parsley, roughly chopped
3 Tbsp drained capers (in vinegar)

1 Preheat oven to 140°C (fan-forced). Halve and deseed capsicums. Roughly cut into large chunks. To make dressing, whisk vinegar, oil and honey in a small bowl. Season with black pepper.

2 Spoon two-thirds of the dressing into a shallow ovenproof dish with capsicums. Toss to combine. Roast for 1 hour or until capsicums are very soft and just starting to char at the edges. Stir in sultanas and then roast for a further 10 minutes.

3 Meanwhile, combine onion, garlic and remaining dressing in a bowl.

4 Set capsicums aside for 10 minutes. Transfer to a large serving platter or bowl. Scatter over parsley, capers and onion mixture. Toss to combine and then serve.

COOK'S TIP

This vibrant, colourful salad is delicious with barbecued lean meats and fish. For a vegetarian starter, try serving it alongside spoonfuls of ricotta sprinkled with toasted fennel seeds and some warm, crusty bread.



GREEK LAMB SALAD

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A LIGHT MEAL)

½ tsp dried oregano
2 tsp extra virgin olive oil
Juice of 1 lemon
Freshly ground black pepper
4 x 120g lean lamb steaks, trimmed of fat
4 large ripe tomatoes, cut into chunky pieces
1 large Lebanese cucumber, cut into roughly 2cm chunks
50g pitted Kalamata olives
75g reduced-fat feta, crumbled
1 cup mint leaves

1 Combine oregano, oil and lemon juice in a large bowl and season well with black pepper. Put a spoonful of the dressing in a second bowl. Add lamb steaks and turn to coat. Set

aside for 5 minutes to marinate.

2 Preheat a chargrill pan on medium-high heat. Remove lamb from marinade and discard marinade. Add lamb to chargrill and cook for 2½ minutes each side for medium, or until cooked to your liking. Transfer lamb to a plate, cover loosely with foil and then set aside to rest for 2-3 minutes. Thickly slice.

3 Meanwhile, add tomatoes, cucumber chunks and olives to remaining dressing in bowl. Toss to combine.

4 Divide salad between four serving plates and top with crumbled feta. Put sliced lamb on top and then sprinkle over mint leaves. Serve. ■

NUTRITION INFO

PER SERVE 1310kJ, protein 34g, total fat 15g (sat. fat 5g), carbs 7g, fibre 5g, sodium 448mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

PEPPER

The perfect flavour addition when trying to minimise salt intake.

CORIANDER

Contains antioxidants that may help protect the integrity of our body and gut cells.

GINGER

Ginger may help soothe the stomach and reduce nausea, and aid digestion by stimulating saliva and bile production.

YOGHURT

Contains live bacteria and will help to top up gut-friendly bacteria. Be consistent and eat it regularly to optimise the effects. Take care as not all yoghurts contain live cultures, so be sure to check the back of the pack.

ONION

Contains inulin, a prebiotic that encourages healthy gut bacteria.

MINT

A source of phytonutrients, vitamin C and fibre when eaten in large enough quantities.

CUMIN

Promotes digestion and boosts antioxidant intake.

ENDIVE

A naturally bitter vegetable that stimulates digestive juices. You'll get more of the vitamin C, folate and betacarotene content if you eat it raw.

TURMERIC

Is an anti-inflammatory and may be useful for those suffering from excess wind.

BUTTERNUT PUMPKIN

A source of cleansing fibre and easily absorbed carotenoids that may protect against some cancers and eye disease. Cook pumpkin in the skin to preserve the nutrients and fibre.

CHICKEN

A lean source of protein, the darker meat is rich in minerals such as iron, selenium and zinc. Be sure to remove the skin and any visible fat before cooking.

LIME

Contains flavonoids that stimulate secretion of digestive juices.

Good digestion is a key part of wellbeing, and more and more medical experts are focused on how we care for our gut. Often, we take it for granted – until it goes awry. As we get older, symptoms such as heartburn can get more pronounced, and our system gets more sluggish. Modern habits such as eating too many processed foods can also put our naturally good gut bacteria out of balance. What can you do to keep your gut healthy and active? Start with this salad.

LOVE YOUR GUT

INDIAN SPICED CHICKEN WITH PUMPKIN & BEANS

PREP TIME: 15 MINS (+ 30 MINS

MARINATING)

COOK TIME: 40 MINS

SERVES 2 (AS A MAIN)

150ml Jalna Sweet & Creamy Greek Yoghurt
1 Tbsp finely grated ginger
1 tsp ground cumin
½ tsp ground turmeric
250g skinless chicken thigh fillets, trimmed of fat, cut into big chunks
Freshly ground black pepper
200g butternut pumpkin, unpeeled, seeds removed, cut into bite-sized chunks
2 tsp olive oil
2 red onions, halved, thickly sliced
1 clove garlic, crushed
4 sprigs mint, leaves picked
1 cup coriander leaves, chopped
420g can no-added-salt red kidney beans, rinsed and drained
Zest and juice of ½ a lime
1 head of endive, thickly sliced

1 Put 2 Tbsp yoghurt in a large bowl with grated ginger, cumin, turmeric and chicken. Season with pepper. Mix well to combine. Set aside for 30 minutes – or longer if you have time – to marinate chicken.

2 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Arrange pumpkin in a single layer on the tray and drizzle over oil. Roast for 20 minutes. Add onions and chicken to tray. Roast for a further 20 minutes or until everything is cooked.

3 Meanwhile, put remaining yoghurt in a bowl with garlic, mint and ⅔ of the coriander. Blitz with a hand blender until smooth. Tip beans and remaining coriander into a separate bowl. Add lime zest, juice and a couple of tablespoons of yoghurt dressing. Toss to combine.

4 Add pumpkin, onions, chicken and endive to bean mixture. Pile onto two serving plates and drizzle with remaining dressing. (If you're eating the salad cold as a packed lunch, take the dressing in a separate container and dress the salad when ready to eat.) ■

NUTRITION INFO **GF**

PER SERVE 2330kJ, protein 42g, total fat 21g (sat. fat 8g), carbs 40g, fibre 17g, sodium 214mg
• Carb exchanges 2½
• GI estimate low
• Gluten free

How our
food works
for you
see page 79

POWER *plants*

Quick, easy and packed with flavours, you'll be keen to make a little midday meal magic



NUTRITION INFO

PER SERVE 1280kJ, protein 14g, total fat 15g (sat. fat 6g), carbs 22g, fibre 12g, sodium 487mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb

GFO LC

THAI RED VEGIE CURRY

Embrace the chillies, then mix and match your favourite vegies.

see recipe, page 69 >>

How our
food works
for you

see page 79

NUTRITION INFO

PER SERVE 1540kJ,

protein 14g, **total**

fat 16g (sat. fat 5g),

carbs 36g, **fibre** 8g,

sodium 410mg

• Carb exchanges 2½

• GI estimate low

**JAPANESE TOFU
NOODLE BOWL**

Edamame and other Asian
ingredients pair perfectly
with this meat-free dish.

see recipe, page 69 >>

light meals

NUTRITION INFO

PER SERVE 1340kJ, protein 12g, total fat 16g (sat. fat 6g), carbs 30g, fibre 6g, sodium 420mg • Carb exchanges 2 • GI estimate low

CAPSICUM AND CHEESE QUESADILLA

Pack a punch with bright Mexican flavours and chilli.
see recipe, page 70 >>



*Make
greens to
envy ...
and then
devour
them*

NUTRITION INFO

PER SERVE 1270kJ,
protein 17g, total fat 19g
(sat. fat 4g), carbs 15g,
fibre 5g, sodium 184mg
• Carb exchanges 1
• GI estimate medium
• Gluten free • Lower carb

GF **LC**

**ZUCCHINI AND
BROCCOLI FRITTERS**

A double dose of green
veg ups the healthy factor
– and the taste.

see recipe, page 70 >>



NUTRITION INFO **GFO**
PER SERVE 1320kJ,
protein 14g, total
fat 15g (sat. fat 4g),
carbs 29g, fibre 6g,
sodium 186mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

ROASTED CAULIFLOWER & HAZELNUT CARBONARA

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

½ large cauliflower (about 350g),
cut into small florets

1 tsp olive oil

½ bunch thyme, leaves picked

Freshly ground black pepper

40g hazelnuts, roughly chopped

150g dried penne or gluten-free
pasta

40g parmesan, grated

60g egg, whisked

1 Tbsp double cream

½ small bunch flat-leaf parsley,
chopped

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Toss cauliflower, oil, thyme and pepper in a bowl. Spread out in a single layer over lined tray. Roast for 15-20 minutes or until cauliflower starts to soften and caramelise. Sprinkle chopped hazelnuts over cauliflower and cook for a further 5 minutes or until nuts are lightly toasted and cauliflower is cooked through.

2 Meanwhile, cook pasta in a medium saucepan of boiling water, following packet directions, or until al dente.

3 Drain pasta, reserving cooking water, and then return to pan. Take baking tray out of oven and add cauliflower florets and chopped hazelnuts to pasta. Stir in parmesan, egg, double cream, parsley and 1 Tbsp of the cooking water (the heat from the pasta should be enough to just cook the egg without scrambling it). If the sauce is too thick, add a little more cooking water to thin it out. Serve.



Thai red veggie curry

THAI RED VEGIE CURRY

PREP TIME: 30 MINS (+ 30 MINS MARINATING)

COOK TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

2½ Tbsp salt-reduced soy sauce

or gluten-free soy sauce

Juice of 3 limes

2 red chillies, 1 finely chopped and 1 sliced into rounds

200g drained firm

tofu, cubed, patted dry with paper towel

1 Tbsp olive oil

300ml light coconut milk

200ml water

1 zucchini, cut into chunks

1 small eggplant, cut into chunks

½ red capsicum, cut into chunks

150g mushrooms, halved

140g sugar snap peas

1 bunch basil, leaves picked

1 tsp brown sugar

55g (¼ cup) Sunrice Low GI White Rice, cooked following packet instructions, to serve

Red curry paste

3 red chillies

1 stalk lemongrass, white part only, roughly chopped

3 eschalots, roughly chopped

½ red capsicum, chopped



Japanese tofu noodle bowl

Zest of 1 lime

Stalks from 1 bunch coriander, washed

4cm piece ginger, grated

2 cloves garlic

1 tsp freshly ground pepper

1 tsp ground coriander

1 To make curry paste, put all ingredients in the bowl of a small food processor. Cover and process until they form a fine paste.

2 Combine 2 Tbsp soy sauce, juice of 1 lime and finely chopped chilli in a shallow dish. Add tofu and turn to coat. Set aside to marinate for 30 minutes.

3 Heat half the oil in a large non-stick frying pan over medium heat. Add

3-4 Tbsp of the curry paste.

Cook, stirring, for 2 minutes. Add coconut milk, water, zucchini chunks, eggplant and capsicum. Simmer for 10 minutes or until vegetables are almost tender.

4 Meanwhile, drain tofu and pat dry with paper towel. Heat remaining oil in a small non-stick frying pan over medium heat. Add tofu and cook for 2-3 minutes, turning once, or until golden brown.

5 Add mushrooms, sugar snap peas and most of the basil to the curry. Stir in sugar, remaining

lime juice and rest of soy sauce.

Cook for 4 minutes or until mushrooms are tender. Add tofu and stir to heat through. Scatter curry with sliced chilli and rest of basil leaves. Serve with rice.

COOK'S TIP

Try replacing the sugar snap peas with green beans and regular basil with Thai basil. You can also omit the zucchini and just add 1 red capsicum.

JAPANESE TOFU NOODLE BOWL

PREP TIME: 15 MINS (+ 30 MINS MARINATING)

COOK TIME: 15 MINS

SERVES 4 (AS A LIGHT MEAL)

2 Tbsp rice wine vinegar

1½ Tbsp salt-reduced soy sauce

1 Tbsp mirin or 2 tsp caster sugar

200g firm tofu, drained, patted dry and cut into 8 cubes

2 Tbsp cornflour, for coating

2 tsp olive oil

1L (4 cups) water

1 bunch asparagus, ends trimmed, each stalk cut diagonally into 4

50g fresh or frozen shelled edamame

50g frozen peas

Small piece ginger, grated

200g udon noodles

Coriander leaves and chopped red chilli (optional), to serve

1 Combine vinegar, soy sauce and mirin in a shallow bowl. Add tofu and turn to coat. Set aside for at least 30 minutes to marinate.

2 Preheat oven to 140°C (fan-forced). Line a baking tray with baking paper. Sprinkle cornflour over a large plate. Remove tofu from marinade, reserving marinade. Roll tofu in cornflour, to coat on all sides. Heat oil in a large non-stick frying pan over medium-high heat. Add tofu ➤

Cook's Tip
In a hurry? You can buy ready-made Thai red paste for this recipe. If you're cooking for people who require gluten free or vegetarian, be sure to check the label first.

light meals

and cook for 2-3 minutes, turning once, or until it's dark golden brown and crisp all over. Remove and drain on a plate lined with paper towel. Transfer to baking tray and then place tofu in oven to keep warm.

3 Place water and reserved marinade in a medium saucepan. Bring to the boil over high heat. Add asparagus, edamame, peas, ginger and noodles and return to the boil. Reduce heat to medium-high and simmer for 2 minutes or until vegetables are tender.

4 Divide vegetable mixture (with noodles and broth) between 4 serving bowls. Place 2 pieces of tofu in each bowl. Top with coriander and chopped chilli, if using.

CAPSICUM AND CHEESE QUESADILLA

PREP TIME: 20 MINS

COOK TIME: 10 MINS

SERVES 4 (AS A LIGHT MEAL)

1 red capsicum, finely chopped
70g red Leicester cheese or reduced-fat vintage cheese, grated

2 Tbsp chopped coriander

4 (40g each) tortillas

Freshly ground black pepper

2 tsp light margarine

1 small clove garlic, crushed

¼ tsp ground cumin

½ x 400g can no-added-salt red kidney beans, rinsed and drained

Juice of ½ a lemon

½ red chilli, deseeded if you don't like it too hot, sliced (optional)

½ avocado, sliced

2 baby cos lettuce leaves, sliced

1 Preheat oven to 160°C (fan-forced). Line two baking trays with baking paper.

2 Scatter capsicum,



Capsicum and cheese quesadilla

cheese and coriander over 2 tortillas. Season with pepper. Cover each with another tortilla. Place one tortilla stack on each lined tray. Bake for 7-10 minutes, or until cheese starts to melt.

3 Meanwhile, melt margarine in a small saucepan over medium heat. Add garlic and cook, stirring, for 1 minute. Add cumin and kidney beans and cook, stirring, for 2 minutes. Use a fork to roughly mash beans. Season with pepper and stir through half the lemon juice. Spoon into a serving dish and top with chilli, if using. Toss avocado in remaining lemon juice.

4 Cut quesadillas into wedges, serving ½ a quesadilla per person. Serve quesadillas with bean mixture, lettuce and avocado.

ZUCCHINI AND BROCCOLI FRITTERS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A LIGHT MEAL)

150g zucchini, coarsely grated
3 x 60g eggs



Zucchini and broccoli fritters

100g broccoli florets, finely chopped

1 small bunch dill, leaves picked, roughly chopped

3 Tbsp gluten-free plain flour or rice flour

Freshly ground black pepper

1 Tbsp olive oil

1 cup garden salad, per person, to serve

1 Use your hands to squeeze any excess moisture out of zucchini.

2 Whisk eggs in a large bowl. Add broccoli, zucchini and most of the dill to eggs. Mix to combine. Stir in flour. Season with black pepper.

3 Heat half the oil in a large non-stick frying pan over medium heat. Put a large serving spoonful of mixture into pan. Add 2 more spoonfuls so you have 3 fritters in total. Cook for 3-4 minutes or until golden brown underneath and firm enough to turn over. Use a flip to turn fritters over and cook for a further 2 minutes or until golden on both sides. Transfer fritters to a plate and cover loosely with foil to keep warm. Repeat with remaining oil and mixture to make another three fritters.

4 Scatter fritters with remaining dill, and serve with salad. ■

Tick the healthy eating box and manage your glucose levels with our low GI products



After GI testing by the University of Sydney (SUGiRS) it was concluded that Herman Brot bread and pasta was "suitable for consumption by people with diabetes in controlled amounts in line with their individual dietary requirements." Full research papers available on website.

Available from select retailers, health food stores or order online at www.hermanbrot.com.au **Herman DIRECT** Your recipe for life®

Ruby red DESSERTS

Think red, white and spice for an indulgent final course

GF

CRANBERRY PANNA COTTA

Nuts and berries give this creamy sensation extra colour and crunch.

see recipe, page 75 >>

How our
food works
for you

see page 79

NUTRITION INFO

PER SERVE 680kJ,
protein 5g, total
fat 6g (sat. fat 3g),
carbs 22g, fibre 1g,
sodium 40mg

- Carb exchanges 1½
- GI estimate medium
- Gluten free

SPICED POMEGRANATE POACHED PEARS

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 8 (AS A DESSERT)

250ml (1 cup) dry red wine
125ml (½ cup) pomegranate juice
125ml (½ cup) water
1 Tbsp caster sugar or granulated sugar substitute
2 sticks cinnamon
2 whole allspice
4 x 150g firm ripe pears, peeled, halved lengthways, core removed (see Cook's Tip)
½ tsp vanilla extract
35g (¼ cup) chopped walnuts, toasted
Ground cinnamon (optional)

1 Put wine, pomegranate juice, water, sugar, cinnamon and allspice in a large saucepan. Bring to the boil over medium heat. Add pear halves and vanilla extract, then reduce heat to medium-low. Cover and cook (so just simmering) for 12-17 minutes or until pears are just tender, turning pears 3-4 times during cooking. Remove pan from heat. Transfer pears to a dish, reserving cooking liquid. Cover pears with foil and set aside to keep warm.

2 To make syrup, discard cinnamon stick and allspice from cooking liquid. Return pan with cooking liquid to high heat and bring to the boil. Reduce heat to medium-high and boil for 5 minutes or until liquid reduces to 2-3 Tbsp.

3 To serve, drizzle pears with syrup and sprinkle with chopped walnuts and ground cinnamon, if desired. ➤

NUTRITION INFO **GF**

PER SERVE 493kJ, protein 1g, total fat 3g (sat. fat 0g), carbs 12g, fibre 3g, sodium 5mg
• Carb exchanges 1 • GI estimate low • Gluten free



Cook's Tip
To test the pears for doneness, insert a toothpick into the thickest part of a pear half. The pear should be slightly firm but pierce easily.

NUTRITION INFO

PER SERVE 465kJ,
protein 2g, total
fat 4g (sat. fat 1g),
carbs 14g, fibre 3g,
sodium 37mg

- Carb exchanges 1
- GI estimate low
- Gluten free

GF

ROASTED APPLES, GRAPES AND CHERRIES

Forget lamb or pork, this is
your new favourite roast!
see recipe, opposite >>





Cranberry panna cotta



Roasted apples, grapes and cherries

It's never too cold to add ice cream to dessert!

CRANBERRY PANNA COTTA

PREP TIME: 30 MINS
(+ 4 HOURS 30 MINS CHILLING)
COOK TIME: 15 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

1 vanilla bean, split lengthways
125ml (½ cup) light thickened cream
1½ tsp powdered gelatine
260g (1 cup) fat-free Greek-style natural yoghurt
125ml (½ cup) skim milk
5 Tbsp white sugar or granulated sugar substitute
2 Tbsp water
¾ cup frozen cranberries, defrosted, chopped
80ml (⅓ cup) unsweetened apple juice
2 Tbsp shelled, roasted and unsalted pistachio nuts, chopped

1 Spray 6 x 80ml (⅓ cup) ramekins with cooking spray. Place ramekins in a shallow baking dish. Scrape seeds from vanilla bean and place pod in a medium saucepan with cream. Sprinkle over gelatine and set aside for 5 minutes (don't stir).
2 Place pan over medium-low heat and cook, stirring, for 2-3 minutes or until gelatine dissolves. Whisk in yoghurt, milk and 3 Tbsp sugar. Remove pan from heat and discard vanilla pod. Pour mixture evenly between ramekins. Cover

and put in fridge for 4 hours or until set.

3 Meanwhile, put 2 Tbsp water, cranberries, apple juice and remaining 2 Tbsp sugar in a small saucepan. Stir over low heat until sugar dissolves. Bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 5-8 minutes or until sauce thickens slightly. Set aside to cool.

4 Unmould panna cottas onto serving plates. Top with cranberry sauce and sprinkle with pistachio nuts.

ROASTED APPLES, GRAPES AND CHERRIES

PREP TIME: 20 MINS
COOK TIME: 25 MINS
SERVES 6 (AS A DESSERT)

3 x 120g red cooking apples, quartered, core removed, cut into 2.5cm wedges
120g frozen unsweetened pitted dark sweet cherries

100g seedless red grapes
2 Tbsp light margarine, melted
2 tsp fresh lemon juice
1 tsp honey
½ tsp ground cinnamon
6 x 20g scoops no-added-sugar vanilla ice cream
Mint leaves, to serve

1 Preheat oven to 170°C (fan-forced). Combine apple wedges, cherries and seedless grapes in a large, shallow ovenproof dish.
2 Combine melted margarine, lemon juice, honey and ground cinnamon in a small bowl. Drizzle lemon mixture over fruit and toss to coat. Roast, stirring once, for 25 minutes or until tender.
3 Serve roasted fruit with scoops of vanilla ice cream. Top each bowl with mint leaves. ■

Health Tip
When possible, aim to always keep the skin on fruit intact, as this is where a lot of the nutrients and fibre are found.



STORECUPBOARD SPOTLIGHT

DRIED FRUIT

It's worth stocking up on a variety – their intense flavour will add interest to everything from curries and salads to bakes and granola

1 CURRANTS

Often overlooked because of their size and dark, shrivelled skin, these are the least sweet of all dried grapes, with a stronger, tarter flavour. Add to salads for a sweet hit, or in scones with some grated orange or lemon zest.

NUTRITION INFO

2 Tbsp (30g) currants contain 280kJ, 0g fat, 16g carbohydrate (1 exchange) and 1.5g fibre

2 RAISINS

The word raisin is a catch-all term meaning dried grape, and covers anything that isn't a sultana or currant. It's the way that raisins absorb moisture, while still keeping their structure and bite, that makes them so useful in cooking. They make for a handy snack, although they are high in carbohydrate, so you will need to watch your portion to help manage your BGLs. If you've run out, then sultanas, dried cranberries or dried apricots will give similar results in your baking.

NUTRITION INFO

2 Tbsp (30g) raisins contain 390kJ, 0g fat, 22g carbohydrate (1½ exchanges) and 1g fibre

3 MANGO

Tougher in texture than most dried fruits, dried mango is a fabulous addition to recipes that contain dried apricots but that you feel need more bite. Or, try it mixed in muesli, to perk up slices and homemade cereal bars. Soaked overnight, dried mango can be used in chutney as a storecupboard alternative to fresh mango. Look out for dried pears and papaya for baking, too.

NUTRITION INFO

4 strips (30g) dried mango contains 450kJ, 0g fat, 27g carbohydrate (2 exchanges) and 1.5g fibre

4 DRIED APRICOTS

Dried fruits are a great way to enjoy soft fruit out of season, and are particularly good for boosting your fibre intake. Dried apricots, in particular, can be used ➤

7

6

5

How our
food works
for you
see page 79

8

1

9

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4

food in focus

in recipes where you would normally pick fresh, such as jams, crumbles and tarts. Their light golden colour comes from a preservative, sulphur dioxide, but there's no nutritional benefit to it, so it's worth seeking out organic varieties that are chemical-free and darker in colour. They can be a bit chewier, but will give the same results once baked. Tagines and fragrant rice salads can be enhanced by adding dried apricots, as can slices and homemade granola.

NUTRITION INFO

2-3 dried apricots (30g) contain 270kJ, 0g fat, 13g carbohydrate (1 exchange) and 2.5g fibre

5 PRUNES

These sticky, soft dried plums are well known for their digestive benefits due to their high fibre content. However, they are also a good source of potassium, which can be beneficial in lowering blood pressure. They work well when partnered with both savoury and sweet flavours.

NUTRITION INFO

3-4 prunes (30g) contain 240kJ, 0g fat, 13g carbohydrates (1 exchange) and 2.5g fibre

6 SULTANAS

These are larger and sweeter than raisins. Add to dishes where you want a sweeter, softer result, and to recipes that don't need much or any cooking, such as salads, pilafs or couscous.

NUTRITION INFO

2 Tbsp (30g) sultanas contains 400kJ, 0g fat, 22g carbohydrate (1½ exchanges) and 1.5g fibre

7 DRIED CHERRIES

Dried cherries are similar to dried cranberries but a little darker, stickier and sweeter. Try adding a few to stewed apples or pears for an additional intense flavour.

NUTRITION INFO

30g dried cherries contain 380kJ, 0g fat, 20g carbohydrate (1½ exchanges) and 2g fibre

8 DRIED CRANBERRIES

Don't be put off by the lip-puckering sharpness of these tart little berries. They naturally contain benzoic acid, which acts as a preservative, so they last well and keep their shape, but it gives them that sharp flavour.

NUTRITION INFO

30g dried cranberries contain 340kJ, 0g fat, 20g carbohydrate (1½ exchanges) and 2g fibre

9 DATES

These add depth and richness to sticky toffee pudding, while soaked and puréed dates make a delicious nut- and dairy-free chocolate spread when mixed with cinnamon and cocoa. Chopped dates are ideal for baking and often cheaper than whole fruits. Throw a handful into a slow-cooked lamb tagine. ■

NUTRITION INFO

5 dates (30g) contain 360kJ, 0g fat, 20g carbohydrate (1½ exchanges) and 3g fibre

How to store

Most dried fruits will keep for months, even a year, in sealed containers. Store in a cool, dry cupboard. Softer, partially hydrated fruits, such as apricots, should be kept in the fridge after opening.

AIM FOR 2 SERVES OF FRUIT A DAY

30g of any dried fruit counts as 1 of your 2 serves of fruit each day, but avoid eating more than this on a daily basis as they're very high in sugar. Dried mango, apricots, prunes or figs are good choices if you want to add more fibre to your diet. Dried fruit is also useful for adding natural sweetness in place of processed sugar.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

Carbs 180g

Fibre 30g

Sodium Less than 2000mg

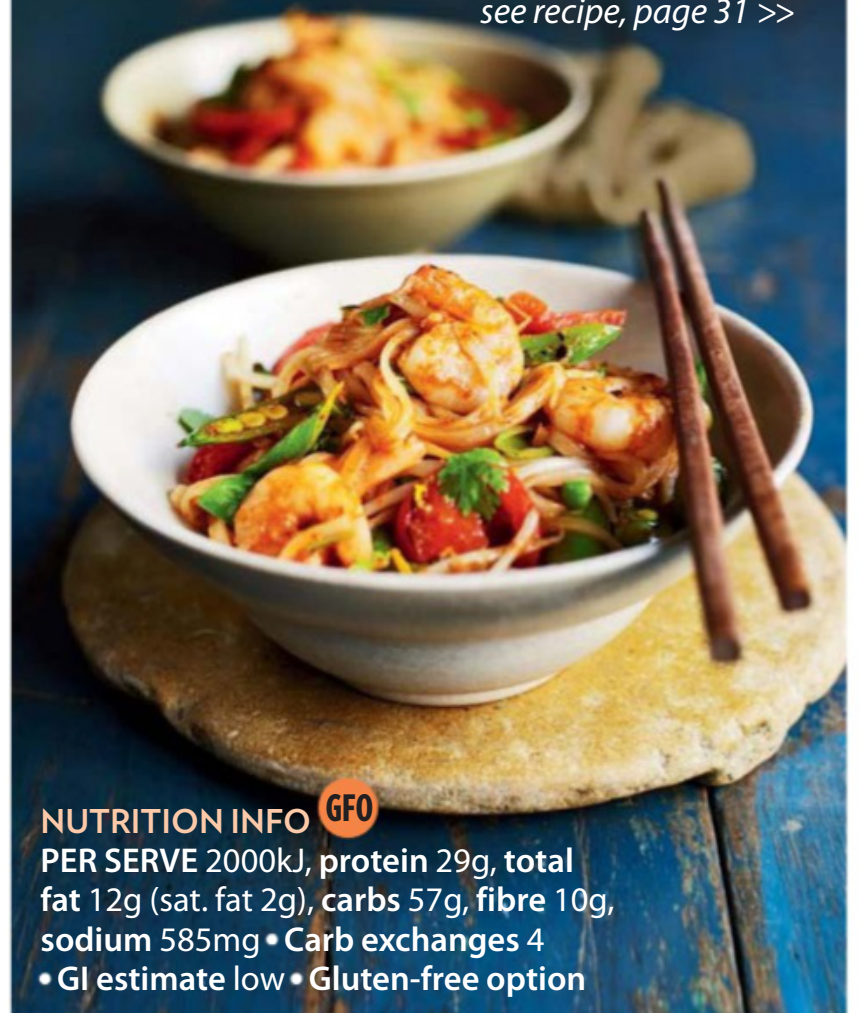
* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



THAI PRAWN AND GINGER NOODLES

see recipe, page 31 >>



NUTRITION INFO **GFO**

PER SERVE 2000kJ, protein 29g, total fat 12g (sat. fat 2g), carbs 57g, fibre 10g, sodium 585mg • Carb exchanges 4 • GI estimate low • Gluten-free option

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients

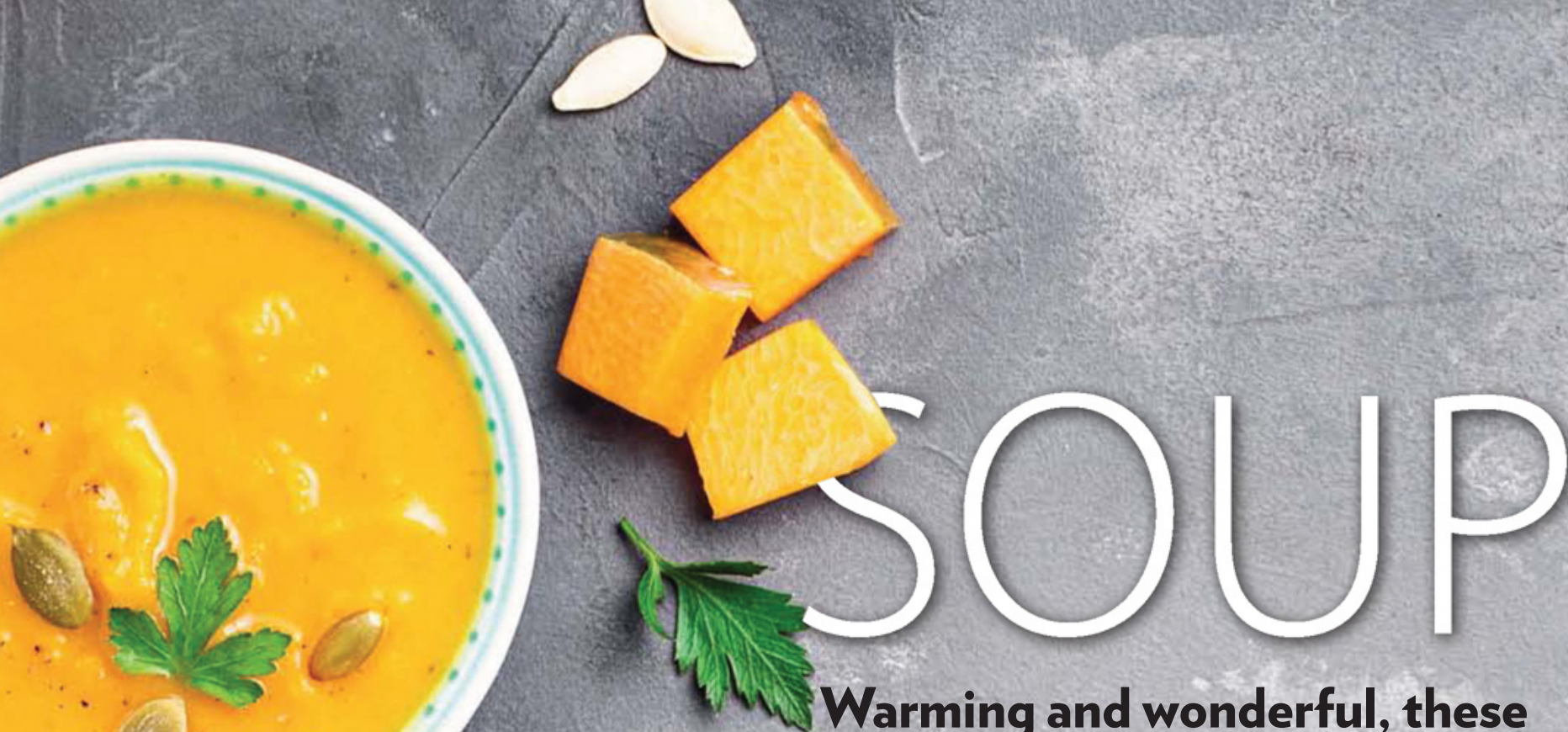
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■



SOUP

Warming and wonderful, these delicious meals in a bowl can also be as healthy as they are hearty

▶▶ Soups can make the perfect light meal or entrée, providing a boost of nutrients when based on the right ingredients. Cooking from fresh ingredients at home will always be our No. 1 recommendation, as you can control everything that goes in your dish that way. But let's face it, with our busy modern lifestyles, we are bound to need store-bought ready meals from time to time, and fortunately, there are actually some great products available! When choosing ready-made soups in your local supermarket, look for those that are primarily based on vegetables for a good hit of vitamins, minerals and fibre, and avoid those that are cream- or coconut-based as they tend to be high in total and saturated fat. When reading the nutrition information panel, we recommend choosing soups that contain:

- **No more than 2.5g total fat per 100g; and**
- **Up to 240mg sodium per 100g. ■**



product review

DARIKAY

- Classic Pumpkin Soup
- Thai Pumpkin Soup
- Tomato Soup

Available in the chilled section of selected supermarkets and independents, \$6.99.



ROSELLA

- Condensed Tomato Soup
Available at Coles, Woolworths and independents, \$2.25.
- Reduced Sugar Tomato Soup
Available at Woolworths, \$2.25.

HART & SOUL

- Super Grain & Veg Soup Cup
Available at Woolworths, \$1.60.
- Sweet Potato Ginger Soup with Turmeric
Available at Coles, \$4.
- Tomato Kimchi Soup
Available at Woolworths, \$4.



LA ZUPPA

- Share Pouch: Pumpkin
Available in Coles, Woolworths and IGA, \$4.40.



BATCHELORS

Soupa! with croutons

- Cream of Vegetable
- Cream of Asparagus
- Cream of Mushroom
- Minestrone Soup with Noodles

Soupa!

- Tomato flavoured
- Chicken flavoured

Available at Woolworths, \$1.90.

CAMPBELLS

- Country Ladle: Rich & Creamy Pumpkin
- Chunky Potato & Bacon



Available in Woolworths, \$3 (405g cans), and in Coles and independents, \$3.49 (500g cans).

DL loves

HEINZ

- Big Red Salt-Reduced Condensed Tomato Soup (\$2.20)
- Big'n'Chunky Range (\$3.89)
- Peppered Steak
- Ravioli with Beef & Tomato
- Bacon, Steak, Potato
- Classics Range (\$3.59)
- Sweet Potato & Pumpkin
- Hearty Vegetable
- Creamy Pumpkin
- Soup of the Day Range (\$4)
- Spanish-style Chicken Paella
- 7 Veg with Garden Herbs

Available from selected Coles, Woolworths and independents.



DL loves

DL loves

PITANGO

- Pumpkin & Ginger Soup
- Minestrone Soup
- Chicken & Vegetable Soup
- Spring Lamb Soup
- Chicken & Noodle Soup
- Smoky Fish Chowder
- Tomato & Basil Soup

Available in selected Coles, Woolworths and independents, \$6.



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	1 cup diet yoghurt topped with ½ cup warm mixed berries & 2 Tbsp pepitas	1 cup chopped fruit salad and 175g tub diet yoghurt	½ cup Freedom Foods Crunchola and ½ cup skim milk	2 slices wholegrain toast each topped with 2 tsp nut butter & sliced banana
Optional snack	Asparagus, sweet chilli and cashew hummus (page 85)	Cream cheese and strawberry muffin (page 85)	Cream cheese and strawberry muffin (page 85)	4 Vita-Weats and 40g reduced-fat cheddar
Lunch	Warm kale salad with almonds & prosciutto (page 44)	Zucchini & broccoli fritters (page 70)	Asian chicken salad (page 58) 	Spiced black bean & chicken soup with kale (page 46)
Optional snack	1 piece fresh fruit 	20g unsalted nuts and 20g sultanas	175g tub diet yoghurt	1 piece fresh fruit
Dinner	Spinach and ricotta cannelloni (page 30) <i>Pictured above</i>	Middle Eastern pizza (page 26) <i>Pictured above</i>	Vegetable pesto stir-fry with rice (page 25) <i>Pictured above</i>	Thai-style prawn quinoa salad (page 22) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Spiced pomegranate poached pears (page 73)	1 cup skim milk and 1 tsp milo	1 piece fresh fruit 	Roasted apples, grapes and cherries (page 75)
Exercise	Aim for 20-60 minutes of moderate exercise each day 			

it's easy!



Gut boosting FOODS

There is now a wealth of scientific evidence linking a healthy gut with a huge array of positive health outcomes, such as improved mood and mental health, immunity, a healthy digestive system and reduced symptoms related to irritable bowel syndrome (just to name a few!).

Our gut is home to trillions of good bacteria that play an integral part in digesting our food and promoting a healthy body.

Sometimes due to illness, taking a course of antibiotics or eating poorly, our gut bacteria balance can be disturbed and can negatively impact other aspects of our health.

Probiotics are live bacteria found naturally or added to some foods. By regularly eating probiotic-containing foods, you can help restore and balance your gut bacteria to keep your body working the way it should.

Food sources of probiotics:

- **Yoghurt**
- **Kefir**
- **Sauerkraut**
- **Kimchi**
- **Miso**
- **Tempeh**
- **Kombucha**
- **Probiotic water**
- **Cottage cheese** ■



THURSDAY



depending on your exercise levels

2 Weet-Bix Blends Hi-Bran with ½ cup milk and 5 sliced strawberries

Small skim cappuccino and 2 fresh dates

Roasted cauliflower & hazelnut carbonara (page 68)

2 small fruits (e.g. kiwifruit, mandarin)

Lamb skewers with pineapple tabouli (page 26)
Pictured above

FRIDAY



2 slices wholegrain toast topped with sliced tomato & ¼ avocado

1 cup chopped fruit salad

Japanese tofu noodle bowl (page 69)

30g unsalted nuts

Herb and parmesan schnitzel with sweet potato mash (page 25)
Pictured above

SATURDAY



2 slices wholegrain toast with 2 poached eggs and 1 cup baby spinach

1 piece fresh fruit

Greek lamb salad (page 61)

Sliced apple with 2 tsp nut butter

Fish & mushroom bake (page 41)
Pictured above

have a couple of alcohol-free days a week

1 Skinny Cow ice cream tub

5 canned peach slices with 1 scoop low-fat ice cream

60-second apple pie dessert (page 85)

Always discuss your exercise plans with your doctor first

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

Eat, drink, be merry

From snacks to smoothies and beyond, our food editor *Alison Roberts* has healthy ideas for when hunger and thirst strike



SUPERMARKET CRUSH

Get poppin'

Cobbs Pop'd Chips are a blend of potato, rice and corn. They are air popped, ensuring they have all the crunch and flavour burst of a regular chip, but are better for you with 60% less fat than a regular potato chip. They're available from Woolworths in three flavours (Sour Cream & Chives, Sweet Chilli & Sour Cream, and Salt of the Sea), priced at \$4 each.



DIETITIAN'S TIP

Plant power

There is a wealth of evidence supporting the inclusion of plant-based proteins in your diet, regardless of whether you are a vegetarian or not. Not only will it promote your own health and wellbeing, it will also support the sustainability of our environment.

However, it is important to note that plant-based protein foods do tend to have a lower concentration of protein when compared

with animal sources. So, aim to include a small portion at each main meal and snack to ensure you are meeting your protein requirements.

The Australian Dietary Guidelines encourage adults to eat 2-3 serves of meat, chicken, fish, eggs, tofu, nuts, seeds, and legumes/beans per day.

The table below lists the serving size of each kind of protein-containing food, with the plant-based protein foods highlighted in yellow.

PROTEIN FOOD	STANDARD SERVE SIZE
Cooked lean meat	65g
Cooked lean chicken or turkey	80g
Cooked fish	100g
Eggs	120g or 2 large eggs
Cooked or canned legumes such as lentils, chickpeas, split peas	1 cup (150g)
Tofu	170g
Nuts, seeds, nut butters, seed pastes	30g

SOURCE: National Health and Medical Research Council 2013, Australian Dietary Guidelines.



**There is
no love
sincerer
than the
love of food**

– George Bernard Shaw



DESSERT

Heat $\frac{1}{3}$ cup
**canned pie
apple** on
High/100% for
50 seconds.
Sprinkle with a
pinch of **ground
cinnamon**.
Spoon over
2 Tbsp **low-fat
custard** and
1 Tbsp
**Freedom Foods
Crunchola**.
Serves 1.

PER SERVE 618kJ,
protein 3g, total fat 2g
(sat. fat 0g), carbs 26g,
fibre 4g, sodium 47mg
• Carb exchanges $1\frac{1}{2}$
• GI estimate low

TOP TEA TOOL

The **Uccello Kettle**
has a safe and elegant
design with a rotating
cradle to assist the
flow of the pour so
you don't have to lift,
strain, balance or aim.
For more details, visit
uccelldesigns.com.



QUICK SNACK IDEAS

CREAM CHEESE AND STRAWBERRY MUFFIN

Spread half a toasted **wholemeal English
muffin** with 1 Tbsp **extra light cream
cheese**, 3 **strawberries**, sliced, $\frac{1}{2}$ tsp
pumpkin seeds, a drizzle of **honey** and a
pinch of ground **cinnamon**. Serves 1.

PER SERVE 620kJ, protein 7g,
total fat 3g (sat. fat 1g), carbs
22g, fibre 4g, sodium 234mg
• Carb exchanges $1\frac{1}{2}$
• GI estimate medium



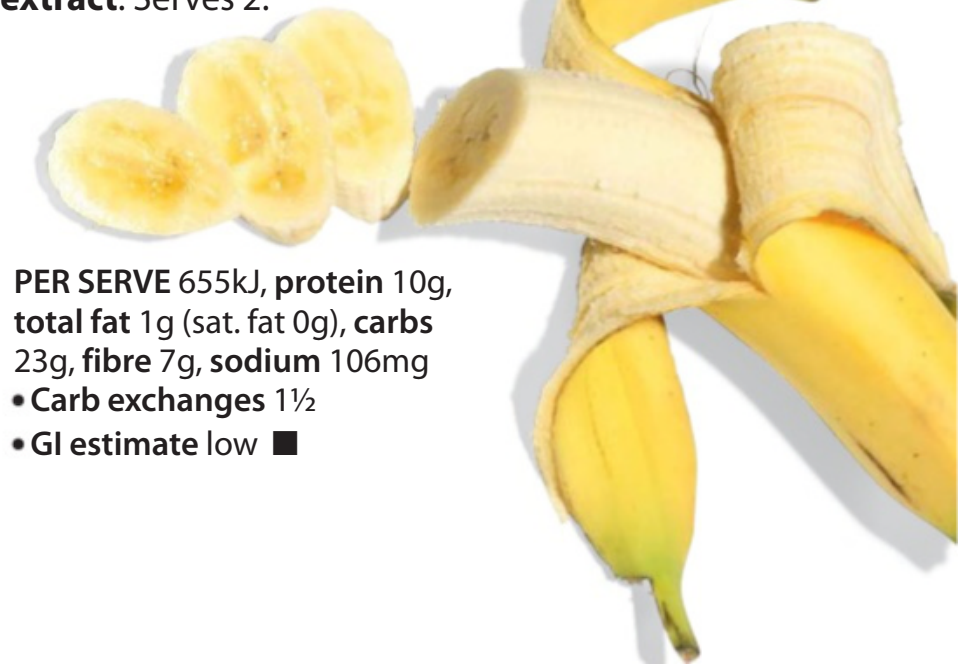
ASPARAGUS, SWEET CHILLI AND CASHEW HUMMUS

Blanch $\frac{1}{2}$ bunch **asparagus** or
80g **green beans** and cut into
4-5cm lengths. Serve with
 $1\frac{1}{2}$ Tbsp **hummus** drizzled
with 1 tsp **sweet chilli sauce** or
gluten-free sweet chilli sauce,
1 tsp finely chopped **unsalted
roasted cashews** and a pinch of
smoked paprika. Serves 1.

PER SERVE 540kJ, protein 4g,
total fat 8g (sat. fat 1g), carbs 9g,
fibre 4g, sodium 261mg • Carb
exchanges $\frac{1}{2}$ • GI estimate low
• Gluten-free option • Lower carb

OATY BERRY BANANA SMOOTHIE

Blend 350ml **skim milk**, $\frac{1}{4}$ cup **diet flavoured
yoghurt**, 1 x 14g sachet **Betaglucare Oat
Powder**, 1 small **banana**, $\frac{1}{2}$ cup **frozen
mixed berries** and $\frac{1}{2}$ tsp **vanilla
extract**. Serves 2.



PER SERVE 655kJ, protein 10g,
total fat 1g (sat. fat 0g), carbs
23g, fibre 7g, sodium 106mg
• Carb exchanges $1\frac{1}{2}$
• GI estimate low ■

DO YOU HAVE BLOOD GLUCOSE SPIKES AFTER MEALS? DO YOU HAVE HIGH CHOLESTEROL?

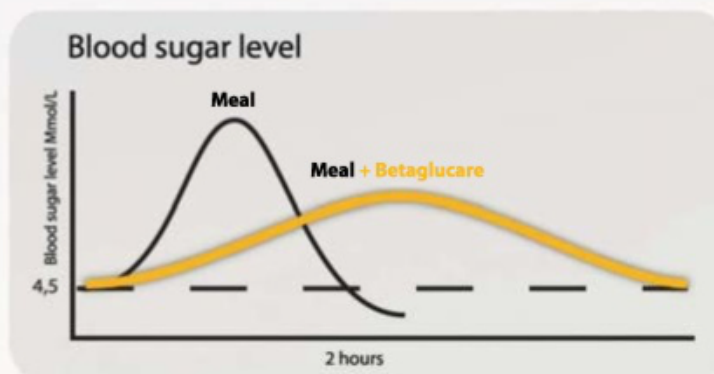
Betaglucare is a concentrated source of beta-glucan, a soluble fibre found in oats.

It is made from high quality Scandinavian oats containing high molecular weight (MW) beta-glucan.

When eaten in the required quantity daily Betaglucare reduces your LDL cholesterol and reduces blood glucose levels after meals. Studies have shown that high MW beta-glucans are more effective.

HOW DOES IT WORK?

The soluble fibre forms a thick gel in the gut when it reaches the stomach. The gel binds with bile acid which contains LDL cholesterol and then exits naturally. The gel also coats the inside of your small intestine, which slows down the absorption of carbohydrates from your meal. As a result, the rise in your blood glucose levels is reduced.



HOW DO I CONSUME IT?

The crispy oat hearts are ideal as a breakfast on it's own with milk or you can add fresh fruit, yoghurt or your favourite breakfast cereal. It's a low GI food in itself.



The powder is easy to add to your favourite smoothie. You can also mix it into a fruit juice. It's ideal to have with lunch or dinner to reduce blood glucose levels after meals.



HOW LONG UNTIL I SEE RESULTS?

For blood glucose reductions simply test yourself after the meal to see the difference, remember you need to consume Betaglucare before and with the main meal.

Cholesterol reductions take 8 to 12 weeks with daily consumption at which point we recommend a blood test and consultation with your doctor. Betaglucare added to your diet is an effective way to reduce LDL cholesterol if you are borderline in going onto medication.

Remember you must continue consuming it ongoing as part of a daily routine.

Betaglucare



Reduces LDL cholesterol*

* When eaten daily in the required quantity of 3g as part of a healthy diet low in saturated fat



Reduces blood glucose levels after meals**

** When 4 grams of beta-glucan is consumed along with 30-80 grams of carbohydrates.



Available from leading Pharmacies or visit www.betaglucare.com.au

For a **FREE SAMPLE*** email us at info@gatewaybrands.com.au with the words Diabetic Living in the subject title to request a sample of hearts and powder along with your postal address details. *while stocks last



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nature, you will find
beauty everywhere*

– Vincent Van Gogh



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Spring RESET

Shake off the winter blues with this four-week leap-into-spring program to get your eating sorted and your heart pumping

▶▶ Spring has well and truly sprung and, for many of us, so too has the desire to lose a few kilos and head into summer feeling healthier. While there are many diets, detoxes and weight-loss programs out there, you can't go past eating good-quality, fresh, unprocessed food and moving your body regularly when it comes to losing weight and keeping it off.

To help make things easier, dietitian Susie Burrell has put together a 4 Week Spring Reset program. Each week you'll focus on a specific area of your lifestyle to help reprogram your diet and exercise habits while supporting healthy weight loss. And, best of all, it's easy to follow – turn the page and let's get going! ▶





It may surprise you to hear that it's planning, not knowledge, that's the key to dietary success. The simple act of planning helps take control of our food intake and ensures we know what food we need to buy, pack and prepare in advance to keep our eating on track. One of the main reasons some individuals manage to eat well, no matter how little time they have, is that they actively make time to go to the supermarket each week and stock up on the staples they need to prepare meals quickly.

As we move into our first week of our Spring Reset, set aside time to clean out your kitchen, head to the shops and stock up on plenty of fresh food. This week the focus is on fresh, wholesome, unprocessed foods with plenty of veg, fruit, lean proteins and our special Reset Soup (recipe, opposite). The soup is low-kilojoule and packed with veg and fibre to help shift extra fluid quickly while giving you a nutrient boost so you can begin your program feeling lighter and more energised.

POWER PLANNING

- **Set aside** 20 minutes on Sunday night to plan the meals in advance.
- **Shop once a week** to stock up on the staples you will need for the week ahead.
- **Keep a healthy snack** with you at all times so you are not tempted to eat extras.
- **Plan and pack** your lunch the night before, especially if you are heading to work for the day.
- **Keep a back-up meal** on hand for busy nights so you are not tempted by takeaway. ►

ALL PRICES ARE A GUIDE ONLY -
CORRECT AT TIME OF PRINTING

After a low-kilojoule, high-protein snack?

Visit TerryWhite Chemmart and pick up Tony Ferguson VLCD Rapid Shakes (\$39 for 21-pack). Available in Vanilla, Chocolate and Coffee, these shakes are the perfect go-to between meals.

BREAKFAST OPTIONS (pick one)

- 150g **Greek yoghurt** with $\frac{1}{3}$ cup **oats** and $\frac{1}{2}$ cup **berries** (combined and soaked overnight).
- 1 **egg** and 1 slice **wholegrain toast**, $\frac{1}{2}$ **avocado**.
- $\frac{1}{2}$ cup **baked beans**, 1 slice **wholegrain toast**, 1 slice **cheese**.

LUNCH OPTIONS (pick one)

- **Tuna** or **salmon** salad with 4 **wholegrain crackers**.
- **Chicken wrap** and a cup of **Reset Soup** (recipe, below).
- **Jacket potato** stuffed with tinned **tuna**, and chopped **salad**.

DINNER OPTIONS (pick one)

- 120g **salmon fillet** with 2 cups steamed **vegetables**.
- 100g **chicken breast** and a bowl of **Reset Soup**.
- 150g **white fish** with 2 cups roasted **vegetables**.

SNACKS (choose 1-2 daily)

- 100g **yoghurt** and 1 small piece of **fruit**.
- Handful of **nuts** and 1 piece of **fruit**.
- 4 **wholegrain crackers** and 1 slice **cheese**.

TIPS FOR WEEK 1

1 Include a bowl of Reset Soup in your meal plan each day to help keep you full and satisfied.

2 Eat regularly, every 3-4 hours, to keep your blood glucose levels controlled.

3 Take a break from alcohol, milk-based coffee and caffeinated drinks, and replace them with herbal tea and water.

4 Get plenty of rest while you are weaning off sugar, caffeine and processed foods.

5 Add some gentle walking each day.

RESET SOUP

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 6 (AS A MAIN / LIGHT MEAL)

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 leek, thinly sliced
- $\frac{1}{2}$ whole celery, leaves removed, stalks chopped
- 2 cups salt-reduced vegetable stock + 3 cups water
- 420g can chopped tomatoes
- 1 carrot, peeled, cut into 1cm dice
- 500g pumpkin, cut into 1cm dice

1 Heat the olive oil with the onion in a large saucepan. Add the leek and celery and gently cook over a low heat until soft, then add the stock, tomatoes, carrot and pumpkin.

2 Bring to boil, reduce heat and simmer for 10 minutes. Serve. Freeze or keep in fridge for 5 days.

NUTRITIONAL INFO

PER SERVE 460kJ, protein 8g, total fat 2g (sat. fat 1g), carbs 16g, fibre 7g, sodium 205mg • Carb exchanges 1
• GI estimate low • Gluten free
• Lower carb

2

WEEK

Healthy food overhaul

Restrictive diets rarely work long term as they are difficult to follow. Banning the foods you love to eat will often leave you feeling deprived and craving the exact foods you are not supposed to eat. For this reason, long-term, healthy-eating success is about balance: a balance of healthy, kilojoule-controlled eating most of the time, while allowing for a little indulgence every now and again. When you find the balance that is right for you, you will no longer feel like you are on a restrictive diet and will be able to commit to your new healthy-eating program long term. Here are some of the key steps to take to help build your own daily healthy-eating plan.

1 Start with a protein-rich breakfast

Try eggs on grainy toast, wholegrain cereal with Greek yoghurt or baked beans or smoked salmon on protein bread. Starting your day with a filling breakfast will keep your blood glucose levels controlled all morning.

2 Bump up the salad and vegetables

Make sure that your lunch and dinner include half a plate of salad or vegetables. The more vegies and salad you eat throughout the day, the better it will be for weight loss.

3 Control your snacking

Focus on protein-rich snacks such as plain yoghurt, cheese and crackers or

a handful of nuts. Limit yourself to 1-2 snacks each day.

4 Pay attention to your hunger

Often we eat out of habit rather than hunger. Getting in touch with our hunger is a key step in controlling our kilojoule intake long term.

5 Keep your dinner small

Often our last meal of the day is our biggest, when it should be the lightest, especially when your goal is weight loss. Low-kilojoule (1255-1673kJ) meals at night will mean you are more likely to be burning fat stores overnight. Low-kilojoule meals include salads with steamed fish, lean protein such as chicken or lean beef with vegetables, or a bowl of soup. ➤





SALMON & SWEET POTATO PATTIES

PREP TIME: 30 MINS

COOK TIME: 15 MINS

MAKES 2 PATTIES (2 PER SERVE;
AS A MAIN)

1 cup sweet potato, chopped
⅓ cup frozen peas
100-105g tinned salmon, drained
½ cup multigrain or gluten-free
breadcrumbs
1 egg, lightly beaten
1 spring onion, thinly sliced

1 tsp olive oil
Salad, to serve

1 Boil, steam or microwave sweet potato and peas, separately, until tender. Drain and mash the sweet potato until smooth, mix in peas.

2 Add salmon, ⅓ cup breadcrumbs, egg and spring onion to the sweet potato mixture and stir to combine.

3 Place remaining breadcrumbs on a plate.

BREAKFAST OPTIONS

(pick one)

- ½ cup **fruit-free muesli**, ½ cup **fruit** and 1 cup **milk**.
- 2 slices **high-protein bread**, ½ **avocado** and ½ **tomato**.
- 2 **eggs** with 2 slices **wholegrain toast**.

LUNCH OPTIONS (pick one)

- **Salmon** or **chicken salad sandwich**.
- 1 small **avocado**, stuffed with small tin of **tuna**, ½ cup **corn** and 1 Tbsp **mayo**.
- Bowl of **Reset Soup** (recipe, page 91), with **ham** and **cheese wrap**.

DINNER OPTIONS (pick one)

- 150g **chicken breast**, 1 small **jacket potato** and 2 cups steamed **vegetables**.
- 100g **lean steak** or **lamb**, with 2 cups roasted **vegies**.
- **Salmon and sweet potato patties** (recipe, below), with **mixed salad**.

SNACKS (choose 1-2 daily)

- Small **nut-based snack bar** (pick one with >5g protein and <5g sugars).
- 170g **Greek yoghurt** with ½ cup **berries**.
- Chopped **vegetables** with 2 Tbsp **hummus** or **nut spread**.

4 Shape ⅓ cup salmon mixture into a 2cm-thick patty. Roll in breadcrumbs to coat. Repeat with remaining mixture.

5 Heat the oil in a large non-stick frying pan over a medium heat.

6 Cook patties, in batches, for 2-3 minutes a side. Serve with salad.

NUTRITIONAL INFO

PER SERVE 1470kJ, protein 18g, total fat 7g (sat. fat 3g), carbs 48g, fibre 5g, sodium 870mg • Carb exchanges 3 • GI estimate medium • Gluten-free option



Easy ways to add exercise to your day

- * **Join** a local gym.
- * **Share** a personal trainer with a friend or family member.
- * **Invest** in some hand weights and do some lifting at home.
- * **Hire** an exercise bike.
- * **Join** a hiking group or cycling club.

Getting our food right is only part of the weight-loss equation.

Ensuring we get enough exercise and movement is the best way to not only support weight loss, but also to help build and maintain muscle mass.

With many of us living relatively sedentary lives, it is not uncommon to sit for many, many hours each day – this is one of the worst things you can do for both weight loss and blood-glucose control.

On the other hand, making a concerted effort to walk at least 10,000 steps each day (for inspiration, turn to page 128) is one of the most important things you can do to help prevent weight gain over time.

Walking and moving, while a form of exercise, unless you

Ways to be more active every day

- **Start each day** with a 20-minute to 30-minute walk
- **Schedule walk** and talk dates with friends
- **Always take** the stairs
- **Get off the bus** or train a stop or two earlier and walk
- **Park the car** as far away as possible

are walking quite quickly, will not give you the benefits of more structured exercise involving resistance training (such as lifting weights or cycling). Resistance training, even light weights, helps to build and maintain muscle mass.

As muscle mass actively burns kilojoules – and we lose muscle mass as we age – including this type of activity in your weekly exercise regimen will help to give your metabolic rate a much-needed boost over time. And the good news is you don't need to spend hours in the gym – a few light weights at home or an occasional exercise class will do.

If you're not in the habit of exercising regularly, an easy way to start is by adding in a daily walk. Begin with just 10-20 minutes and build from there.

Once you've established a good walking habit, consider other exercise options that may involve some resistance-style training. Ideally, we need to walk every day and do resistance training 2-3 times each week.

4

WEEK

Maintenance

Three weeks into your program, chances are you're feeling more energised and may have even dropped a kilo or two. You are more organised with your food, are eating more vegies and have even started exercising. The question remains: how do you maintain these changes?

It takes roughly three months for a new habit to become firmly entrenched, meaning consistency is required each week to help establish your new

habits. This means routinely shopping once a week, planning your meals and actively scheduling exercise sessions each week. It also means creating balance between eating well and exercising, but also enjoying social eating occasions without feeling guilty.

So, to ensure your new lifestyle habits are maintained long term, here are some tricks and tips to help you stay motivated and focused.

TIPS FOR MAINTENANCE

1 Enjoy a meal or two off your structured eating plan each week.

This may mean dinner out with friends, a Thai takeaway or a few glasses of wine (or all of the above) and will ensure that you can factor in celebrations and special occasions without feeling guilty.

2 Try a fast each week.

There is good evidence to show that including a regular fast of 14-16 hours without food even once each week can be good for the metabolism. (For more information on whether fasting is right for you turn to page 116.)

3 Enjoy good-quality food.

There is nothing wrong with enjoying a little bit of good-quality chocolate or an amazing dessert, but wasting kilojoules on poor-quality food is rarely worth it. Use your kilojoules wisely and ask: "is it worth it?" when indulging in high-kilojoule foods.

4 Avoid mindless munching.

Sticking to set meal and snack times each day will help you avoid mindless munching on extras and snacks throughout the day.

5 Move as much as you can.

One of the key reasons so many of us battle with weight gain is that we do not move enough. Make a commitment to move at least 10,000 steps every single day. ■



SHOULD YOU GO



DL dietitian and diabetes educator Dr Kate Marsh discusses the current evidence on keto diets

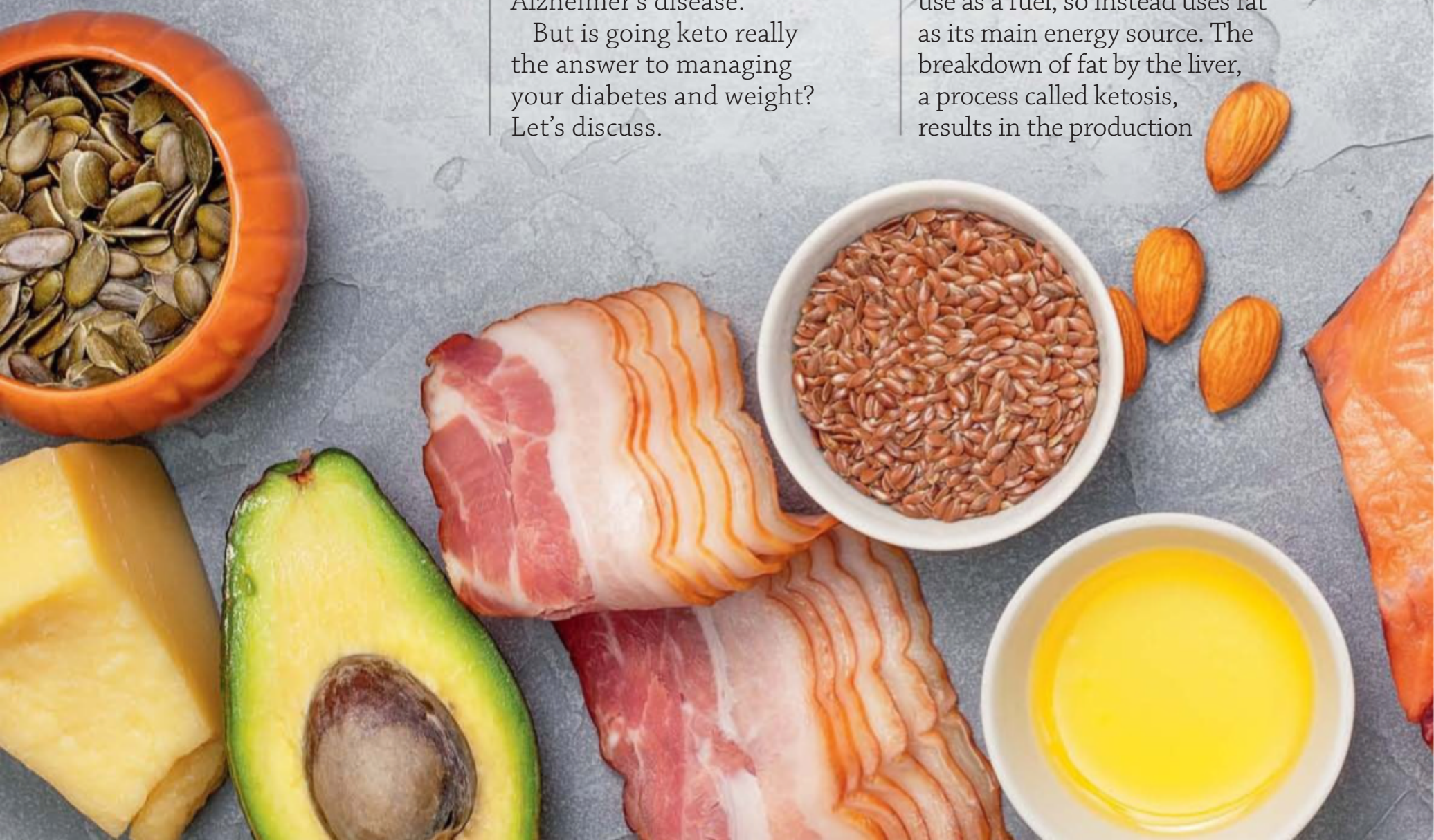
▶▶ Ketogenic diets aren't new and have been used for many years for the treatment of epilepsy in children who don't respond to drug treatment. However, they have recently made a resurgence and are being promoted for everything from weight loss to reversing diabetes and preventing Alzheimer's disease.

But is going keto really the answer to managing your diabetes and weight? Let's discuss.

WHAT EXACTLY IS A KETOGENIC DIET?

A ketogenic (keto) diet is an eating plan that is very low in carbohydrate (about 20-50g per day) and high in fat, with an adequate (but not high) intake of protein.

The low carbohydrate content of the diet means the body doesn't have much glucose to use as a fuel, so instead uses fat as its main energy source. The breakdown of fat by the liver, a process called ketosis, results in the production



of ketones, a type of acid. The ketones are sent to your bloodstream where, as long as you have enough insulin around, they can be used as a fuel by muscles and other tissues.

HOW CAN A KETO DIET HELP?

Cutting carbs to 20-50g per day means eliminating processed carbs and added sugars, which is something that everyone can benefit from.

Several studies have shown significant weight loss, improvements in blood glucose and insulin levels, reductions in diabetes medication use, a reduction in triglycerides (blood fats) and an increase in 'good' HDL cholesterol levels in those following a keto diet.

There is also some evidence the production of ketones reduces appetite, which may help with weight loss.

WHAT ARE THE DOWNSIDES TO KETO?

While a keto diet might seem like the perfect solution to managing diabetes (cut carbs and your BGLs will be lower),

Ketosis versus diabetic ketoacidosis (DKA)

If you have diabetes, particularly type 1, you will have heard of, and maybe even experienced, diabetic ketoacidosis, or DKA for short. This is a life-threatening condition where the body is unable to use glucose as a fuel due to lack of insulin, so the body breaks down its fat stores to produce ketones, which build up in the blood, making the blood acidic. It is a medical emergency and requires immediate treatment. Ketosis, which occurs on a keto diet, is different, because as long as the body is producing adequate insulin, ketones can be used as a fuel in place of glucose. This prevents blood ketones from becoming high enough to cause acidosis.

need to know

unfortunately it's not that simple.

In fact, studies have shown that while low-carb, high-fat diets lead to a reduction in blood glucose and insulin levels in the short term, they can actually worsen insulin resistance and glucose tolerance in some people. This is more likely to occur if you follow the diet without losing weight.

There is also evidence high-fat diets lead to unfavourable changes in gut bacteria, which may have negative effects on our health. And Australian researchers have discovered a low-carb diet can affect the growth of children with type 1.

Keto diets also restrict many of the foods we know are beneficial for good health, including wholegrains, legumes, fruits and some vegetables. Research has shown eating more of these foods is associated with a reduced risk of many chronic diseases, such as type 2, cardiovascular disease and some types of cancer.

The long-term effects of following ➤

need to know

a keto diet are unknown, but this type of eating plan is very different to the diets of long-lived healthy populations, which all consume a mostly plant-based diet.

IS A KETO DIET REALLY BETTER THAN OTHER TYPES OF DIET?

Any diet that reduces your kilojoule intake will help you to lose weight. And any diet that helps you to lose weight is very likely to lower BGLs, by helping your insulin to work better.

Keto diets are no exception and a number of studies have shown this. But what advocates of a keto diet fail to point out is that other diets, which may be easier to follow in the long term, such as a Mediterranean-style diet, have shown similar benefits. In fact, controlled feeding studies, where they have kept the kilojoule intake of both diets the same, have found no greater fat loss on

a keto diet compared with a higher-carbohydrate, low-fat diet. And randomised controlled trials of a low-fat vegan diet have shown similar improvements in BGLs and reductions in medication use, with a much lower fat and higher carbohydrate intake.

A HEALTHIER WAY TO GO KETO

If you decide keto is right for you, there are a few things you can do to reduce the potential downsides and optimise the health benefits of a low-carb, high-fat diet.

- **Get most of your fat** from avocados, nuts, seeds, olive oil and oily fish, rather than fatty meats, palm oil and coconut oil.
- **Up your intake** of non-starchy vegetables to increase your intake of fibre and important vitamins, minerals and antioxidants.
- **Avoid processed meats,**

limit red meat and eat more fish and plant proteins such as tofu, tempeh, nuts and seeds.

IN SUMMARY

Keto diets are one way to lose weight and improve blood glucose levels, at least in the short term, but they are not the only way, and similar results can be obtained with a lower-fat, higher-carb diet, as long as you choose higher-fibre, lower Glycemic Index (GI) carbs such as fruits, vegetables, legumes and minimally processed wholegrains.

The key to long-term weight loss and diabetes management is finding a diet you enjoy and can stick to.

And the best evidence we have for a diet consistent with long-term health and disease prevention is a mostly plant-based diet that includes plenty of healthy, carbohydrate-containing foods. ■

WORDS DR KATE MARSH PHOTOGRAPHY GETTY IMAGES

Things to consider before you go keto

If you choose a keto diet, there are a few elements to weigh up first

1 See your doctor to review your diabetes medications. If you're taking insulin or some types of oral medications, a keto diet can increase the risk of hypos and your medication doses will need adjusting.

If you have type 1 diabetes, cutting insulin and carbs too much can increase the risk of diabetic ketoacidosis (DKA), so medical supervision is important. Another type of diabetes medication, called sodium-glucose co-transporter-2 inhibitors, or SGLT2i, has also

been found to cause DKA in some people, particularly when they restrict their food intake, so you will likely need to stop taking this medication if you adopt a keto diet.

2 Keep a check on your cholesterol levels. Keto diets have been shown to increase levels of the 'bad' LDL cholesterol in the blood in some people, so it's a good idea to check these levels before you start and after you have been on the diet for 6-8 weeks. Being

careful about the types of fat you eat on a keto diet can help to reduce this risk.

3 See an Accredited Practising Dietitian (APD). It can be harder to meet your needs for certain nutrients on a keto diet, which is particularly important if you are following the diet long-term. An APD can help you to develop a meal plan that meets your individual nutrition needs while also achieving your health and weight goals.

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need to know

Care for your *kidneys*

It's a sobering fact that one in three people with diabetes will develop chronic kidney disease, so paying your kidneys some regular attention is a must. Here's what you need to know

▶▶ “I know peaches contain a lot of potassium, but it was my 32nd birthday and peaches with custard was the only thing I felt like eating, so I thought I'd treat myself,” says Kate Hansen, who was diagnosed with type 1 when she was three years old.

A few hours after Kate had that celebratory meal on a Sunday afternoon in August 2018, she suffered a cardiac arrest, triggered by those high-potassium peaches and as a complication of her end-stage kidney disease. She died for 15 minutes before paramedics brought her back to life using CPR and 10 shocks from a defibrillator. Having been on dialysis – a treatment that has an average life expectancy of between five and 10 years –

since 2013, when Kate finally recovered, she was told she had less than 12 months to live.

At the time, Kate had been on the organ transplant list for six years, having discovered she had diabetic (chronic) kidney disease in her mid 20s, while going for what she had thought would be a routine visit to her optometrist.

“My vision had become a bit blurry, so I went for a check-up and was told I was actually haemorrhaging behind both eyes. Luckily, when I rang my mum, who's a nurse, to tell her, she had me on speaker and a doctor was listening in who insisted that I needed to get my kidneys tested immediately.

“When I did, I not only discovered I had kidney disease, but it had already progressed to the point where I only had 20 per cent of my kidney function left.”

Dr Shilpa Jesudason, clinical director of Kidney Health

Australia, says stories such as Kate's are all too familiar. "One of the biggest challenges we face is that kidney disease is sneaky and silent," says Dr Jesudason.

"People equate having it with being really, really sick, but the reality is by the time you get to that point, you've most likely been living with it for at least a decade. And sadly, when you reach the point of kidney failure, known as end-stage kidney disease, you're looking at lifelong dialysis or the prospect of a kidney transplant in order to stay alive."

Diabetes and kidney disease: what's the link?

Type 2 is now the single leading cause of end-stage kidney disease (ESKD) in Australia. In fact, about one third of Australians who start dialysis or receive a transplant have ESKD caused by diabetes.

"The link between diabetes and kidney disease is directly related to elevated blood glucose levels over an extended period of time," says Libby Bancroft, a credentialled diabetes educator and diabetes nurse practitioner with the ACT Health Diabetes Service. "The blood vessels within the kidneys' filtering units are very tiny and fragile, whereas glucose molecules are quite large. Over time, these large molecules can damage the blood vessels, ➤

How to lower your risk of kidney problems

The risk of developing diabetic kidney disease grows the longer you've been living with diabetes. So, while 10 per cent of people develop chronic kidney disease in the first 10 years after diagnosis, that number rises to between 20 and 30 per cent of those who've had diabetes for 20 years. You can't change how long you've had diabetes for, but there are things you can do to avoid becoming a statistic, starting with the following three steps.

*** CONTROL YOUR BLOOD GLUCOSE LEVELS**

"The biggest single factor that can increase your risk of developing diabetic kidney disease is poor diabetes management," says Bancroft. "Keeping your blood glucose levels and HbA1c within target, together with eating healthily, doing some regular physical activity and taking your diabetes medications as prescribed, is vital in helping to prevent diabetic kidney disease and other complications of diabetes."

*** MAINTAIN A HEALTHY BLOOD PRESSURE**

High blood pressure is one of the major risk factors for chronic kidney disease. "High blood pressure can be a problem for many people with diabetes," says Bancroft, "and unfortunately, it can also contribute to the damage of the

small vessels within the kidneys." You can lower your risk of high blood pressure by reducing your salt intake, exercising regularly, limiting your alcohol intake and achieving and maintaining a healthy body weight.

*** HAVE AN ANNUAL KIDNEY HEALTH CHECK**

This involves three simple tests – a blood test, a urine test and a blood pressure test.

"The treatments for chronic kidney disease are improving all the time," says Dr Jesudason, "and it's certainly the case that the earlier it's picked up, the better your outlook

is. There are five stages of chronic kidney disease and what's sad is that at the moment, we're diagnosing far too many cases when they've already reached stages four and five." In fact, due to the silent nature of the disease and people forgoing regular kidney checks, less than 10 per cent of those living with chronic kidney disease actually know they have it.

"What we need is to be catching people with chronic kidney disease at stages one, two or three when we still have the opportunity to intervene and make a difference," he says. "The short story is, early detection is key when it comes to this disease, and the only way to ensure that happens is by visiting your doctor for a kidney health check once a year."



need to know

causing permanent damage to the kidneys' ability to cleanse blood and excrete waste."

As it progresses, kidney disease not only causes a wide range of debilitating symptoms, including shortness of breath, nausea, puffiness in the legs, fatigue and pain, it also increases the risk of other diabetic complications, including nerve and eye damage.

Plus, due to the way it affects your body's ability to control levels of important minerals such as potassium and sodium, kidney disease can lead to heart disease and, as Kate knows, increases your risk of having a heart attack or stroke.

Left undetected and untreated, chronic kidney disease reaches an advanced or 'end stage' where the kidneys are no longer able to do their job. Dangerous levels of fluid, electrolytes and waste build up, which is when dialysis or a kidney transplant is required to stay alive.

Living with kidney failure

Dialysis might be a life saver when you've got kidney failure, but Kate insists it's something to avoid at all costs. "At least three times a week you have to visit the hospital to be hooked up to a machine that mechanically filters your blood for 4-5 hours at a time and you can never be further than one hour away from that machine," she says. "That means no holidays, no weekends away and no spur-of-the-moment decisions. It affects every single aspect of your life. I was always having to change or cancel my plans depending on what was happening with my dialysis.



Dialysis mechanically filters your blood for 4-5 hours at a time.

"There are rules around how much fluid you can drink over the course of a day. To stick to that you need to calculate and account for the water content of the food you're eating, too. Then there's what you can and can't eat. When you're living with kidney failure you need to minimise your intake of certain minerals, so the diet is incredibly strict. It's not a lot of fun."

Kate's dialysis days are now behind her, after she received a kidney and pancreas transplant in January this year. "When I got the call, I'd resigned myself to the fact that not everyone's story gets a happy ending and that a transplant

might not happen for me. While I'd been waiting for a transplant for six years, I'd never been able to stay on the transplant list for any longer than six months at a time. I had so many health complications as a result of my diabetes, that I kept getting taken off the list."

Dr Jesudason says this is a common story. "A transplant isn't an option for everyone and

diabetics often have severe cardiovascular disease which, with other complications, means they can't be listed for a transplant. The sad fact is not every patient who is on dialysis will be eligible for a transplant."

Even when it does take place, a transplant doesn't necessarily provide a clean bill of health. "Transplantation is a miraculous treatment, but it doesn't cure every problem," says Dr Jesudason. "You don't get rid of the damage kidney disease may have already done to other parts of your body simply by getting a new kidney. And the post-transplant drugs can have some serious side effects so, in some ways, you end up swapping one set of problems for another."

A few months after her transplant, Kate says she feels amazing but knows it'll never be 'over'. "Mentally, I don't think you can fully prepare yourself for a transplant, and months on, I think constantly of my donor. I'm so thankful. I've already started to write my letter to my donor's family, even though I don't know if they'll be open to hearing from me. I'm desperate to let them know how grateful I am for this second chance." ■

I'd resigned myself to the fact that not everyone's story gets a happy ending



NEED-TO-KNOW FACTS ABOUT

DIABETES & YOUR HEARING

Did you know that living with diabetes can increase your risk of experiencing hearing loss? Learn why – and what you can do about it

1 People with diabetes are twice as likely to have a hearing impairment. One in six Australians has some form of hearing loss, and research shows you're twice as likely to be that 'one' if you have diabetes. Even people living with pre-diabetes are at increased risk – their rate of loss is 30 per cent higher than people with normal BGLs.

2 Anyone of any age with diabetes can be affected. While ageing is a risk factor on its own for hearing loss, a 2013 study found that people with diabetes as young as 15 are more likely to have high-frequency hearing loss than people of the same age who don't have diabetes.

3 Nerve damage is the most likely explanation. More research is required to find out exactly how diabetes can cause

hearing loss, but it's thought that, over time, high BGLs affect the supply of blood or oxygen to the nerves and blood vessels in the ears. Eventually this can cause damage, making it harder to hear.

4 Managing your diabetes well is your best defence. Because evidence points towards prolonged exposure to high BGLs as being the main contributing factor to hearing loss, ensuring your diabetes is well managed is key. The proof is research showing that people living with poorly controlled diabetes are more at risk of hearing loss than people whose diabetes is well controlled.

5 Diabetes-related hearing loss is often sudden. Warning signs include finding yourself often saying 'pardon' in conversations; experiencing a hissing or buzzing sound in your

ears; struggling to hear when there's a lot of background noise; finding phone conversations difficult to hear and understand; and being told your TV is too loud.

6 The earlier it's diagnosed, the better. Hearing loss causes a variety of physical and psychological side effects the longer it's left undetected and untreated. Treatment options available, including hearing aids, are often more effective the earlier they're introduced.

7 Get checked every 12-18 months. Australian Hearing offers free hearing checks at more than 600 locations across Australia. To book, call 1300 639 549. You can also take an online hearing test at hearinghelp.com.au. If you think you already have indicators of hearing loss, talk to your doctor as soon as possible. ■



OPENING THE *door*

Researchers across the world are all working towards the cure for diabetes, but where are they up to?

▶▶ In our May/June 2019 issue, our resident columnist Rob Palmer shared his experience with the exciting arrival of Medtronic MiniMed 670G in Australia. This led us to wonder: as knowledge of diabetes and technological advances improve, where are researchers and scientists up to with a cure for diabetes?

Insulin-producing cells

A major breakthrough has occurred after researchers at the University of California-San Francisco (UCSF) generated lab-grown cells that have the ability to produce and release appropriate levels of insulin, much like that in a human body. The result was announced after

transplanting the cells into healthy mice, which began to produce insulin within a few days – much like the mice’s own cells.

“Our technology could lead to a cure,” says Dr Gopika Nair, from the Diabetes Center at UCSF.

“There are several ways this could impact the way we cure diabetes. [First] we could mass-produce these beta cells in the lab and transplant into patients who already have type 1 or late stage type 2 diabetes. In addition to the cells, transplantation for curing [type 1] requires some sort of immune protection, either by immunosuppressive drugs or by encapsulating the cells in a biomaterial that would not allow immune cells to enter. ▶

research

“[Secondly] It is now clear that there are some remaining beta cells that are functional during early stages of the disease, called the honeymoon period. Using the cells we produce in the lab, we can discover novel drugs that would prevent deterioration of beta cells or reinforce insulin production. This would provide an avenue of care in early onset diabetes and prevent the development of full-blown disease.”

The team is now developing a way to cloak these cells, through gene-editing tools, to make them invisible to the immune system without any immunosuppression upon transplantation, Dr Nair explains. The next step would be human trials.

DMR procedures

Across the world, more than 150 duodenal mucosal resurfacing (DMR) procedures have been performed. This endoscopic procedure places a balloon-catheter in the duodenum (first part of your small intestine), where it is inflated with hot water to burn away the mucous

Some patients no longer need to inject insulin

membrane. This burning is safe, encouraging a new membrane to form within 2 weeks and changing the way the body absorbs and processes sugar.

“We have used DMR for about five years, but only as part of clinical trials,” explains Jacques Bergman, Professor of Gastrointestinal Endoscopy at Amsterdam UMC. “We have run a study in which we have treated type 2 patients on insulin with DMR in an attempt to control [their diabetes] without insulin. Results here are very promising. In addition, we have led the first multi-centre study on DMR in [type 2 patients] on oral medication, which achieved

a promising improvement in their glucose regulation.”

They have found 90 per cent of patients with type 2 were stable one year after their procedure. Some patients further reported they do not need to inject insulin as regularly as before, while others no longer need it. However, all patients continue to take medication for diabetes, but researchers found their risk of complications are lower.

Implantable microcapsules

The Australian Foundation for Diabetes Research (AFDR) has created a device that successfully normalised BGLs of diabetic mice for up to three months. Although the device is assembled in Sydney, the AFDR has entered into an arrangement with Kadimastem, an Israeli-based company that successfully developed and supplies insulin-producing cells (from human embryonic stem cells) for this device.

To the naked eye, these microcapsules look like a small piece of gauze, but in reality the 3D printed scaffold, made at the Queensland University of Technology, is designed to hold micro-bubbles – made of seaweed harvested in South America and processed in Scandinavia – holding Kadimastem’s insulin.

“Our bioengineered device is



seeded with pluripotent stem cells [self-replicating ‘master’ cells] and then implanted beneath the skin of diabetic recipients, without administering toxic anti-rejection drugs,” says Professor Bernie Tuch, endocrinologist, scientist and director of AFDR. “The advantage of using pluripotent stem cells as a source of insulin-producing cells is that the number of cells available is unlimited, thereby potentially matching the community demand.”

Professor Tuch hopes the device will progress to a clinical trial in the next two years.

EPB-53 molecule

A recent study has announced the findings of a molecule (EPB-53) that could help fight both type 2 and non-alcoholic fatty liver disease. A pre-clinical study discovered mice who ate a fat-rich diet and orally consumed the EPB-53 molecule had increased levels of the FGF21 (fibroblast growth factor 21) hormone in the liver and plasma, ultimately reducing glucose intolerance and fatty liver disease. However, previous studies have shown an increase in the FGF21 hormone raises adverse effects (such as increased heart rate and arterial pressure, and loss of bone mass).

“We hope to see in future studies that [oral administration of the EPB-53 molecule] would not cause adverse effects that have been described in some FGF21 analogues,” notes researcher Manuel Vázquez-Carrera, from the Department of Pharmacology, Toxicology and Therapeutic Chemistry at the University of Barcelona.

Through increasing the FGF21, new therapeutic strategies to treat type 2 are on the horizon. ■



INSPIRED BY NATURE

A recent report published in the journal *Science* has concluded the success of a tiny robotic device called ‘Soma’.

This capsule is the size of a blueberry and shaped like a tortoise’s shell.

Taking inspiration from the shell of the African leopard tortoise – no matter what angle it falls, the shell will allow the tortoise to always roll onto its feet – the shape of the device imitates this, encouraging it to land on the wall of the stomach no matter which way it would tumble down the oesophagus. Here, the capsule will be dissolved within 10 minutes, allowing the device to land on the stomach wall. A sugar disc would then dissolve, releasing the insulin-containing micro-needle five minutes later to poke through the stomach wall and deliver the insulin directly through to the bloodstream. Soma will then travel through the colon and will eventually be eliminated.

The researchers knew if they

could inject insulin through the wall of the stomach, the medicine would be able to enter the bloodstream. In addition, due to the stomach having no pain receptors, the prick required for the insulin injection would not be felt, reducing the fear of constant needle pricks.

Having successfully proved that the device provides enough insulin to lower BGLs in trials involving rats and pigs, the team – researchers from Massachusetts Institute of Technology (MIT), Harvard Medical School, Harvard’s Brigham and Women’s Hospital, and Novo Nordisk

(a pharmaceutical company) – are hoping to start testing the device on humans within the next three years. In the meantime, more tests will be conducted to ensure its safety and that frequent injections will not cause damage to the stomach lining.

This discovery has the potential of adapting the device to deliver other protein-based drugs.



Imagine a Healthy you



What does it feel like to be the healthiest version of yourself? Putting together a personal wellness vision can help you find out

▶▶ Knowing what to do for your diabetes care and doing it are sometimes two very different things. Just ask Stephanie Brown, who has type 2. Two years ago, Brown was overwhelmed by her day-to-day diabetes care tasks: she frequently forgot to take her evening medications, ate large portions and had trouble planning her meals.

At the suggestion of her diabetes educator, Brown created a personal wellness vision to help her find her motivation.

"I painted a vivid picture of how I wanted to show up in the world," she says. To create her vision, Brown tapped into what matters most to her. She realised she wanted to live with self-awareness and take pride in living a healthy life. She valued being a role model to her children and grandchildren and spending active time with them. Here is the vision she created: 'I enjoy eating healthily and exercising. I'm comfortable in my clothes and enjoy spending time outside. I'm confident that I'm taking care of myself, and I look good. I have energy. I spin on my heels and feel like a million bucks. My diabetes is in good control because I'm actively engaged in my health care.'

Writing out her personal wellness vision gave Brown a clear and motivating picture of

being healthy, feeling energised and living a healthy life. "It was the first time that I was clear on what I wanted," she says.

Brown now understands that staying on track with her health goals isn't a simple matter of having a good plan and doubling down on willpower – it's about having an established vision of what she wants. "A wellness vision allows you to focus on you," she says. "It becomes easier to say no to things that creep into your life and have the power to derail you from your goals."

Brown's vision guides all of her decisions around planning meals, taking her medications, fitting in exercise, packing snacks and beyond. "Today, everything still centres around that vision," she explains.

The personal wellness vision still hangs on her refrigerator, nearly two years after she first created it. "It keeps me motivated to continue my health journey without getting frustrated and quitting, which had been my prior behaviour," she explains.

There's also proof in the numbers. The goals and behaviour changes born of Brown's wellness vision have brought her HbA1c down from 64mmol/mol to 44mmol/mol.

Ready to try it yourself? Turn the page to create your own personal wellness vision. ▶



Creating Your Personal

Managing your diabetes requires energy, motivation and focus every single day. Have you ever thought: I know what to do, but I just can't make myself do it? If so, spending a thoughtful hour or two creating a personal wellness vision – a concrete and inspiring picture of you leading a healthy, satisfying life – may be just what your health care team ordered. To get started, grab a pen and paper (or use your computer), set aside some quiet time and follow these steps.

1

Imagine
yourself
at your
Healthiest

Picture what you are doing, thinking, feeling and experiencing at that level of wellness. Ask yourself why these things are important to you. Let your mind explore, without censoring your thoughts. Focusing solely on your future self and your health may feel awkward at first, but it's this self-reflection that will shape vague ideas of what you want into a clear and compelling vision of the future, healthy you that you want to become.

2



WRITE
DOWN
EVERY-
THING
THAT
COMES
TO MIND

Write down not only what you expect to achieve, but also what that feels like and why. Follow these tips when writing:

- **Write in the present tense.**

Imagine you are your future self. Instead of 'I will be confident when I get dressed,' try 'I am confident when I get dressed.' Or 'I feel fit when working in the backyard.'

- **Be descriptive and specific.** 'I sit comfortably when I cross my legs' is more concrete and empowering than 'I want to be comfortable'.

- **Use positive language,** which is more powerful than a list of don'ts. For example, turn 'I don't dread my annual check-up' into 'I look forward to my annual check-up because I'm proud of my efforts to manage my diabetes.'

Wellness Vision

3 DIG Deeper with Prompts

Keep taking notes as you answer each prompt. Answering questions can be especially helpful if you are having trouble picturing your future. The following questions can help you create a meaningful vision:

- **What are several things that I highly value, and how is my health linked to these values?** For example, you might value volunteering, taking care of your children or grandchildren, or travelling. Maintaining your overall health and fitness level gives you the energy and endurance for these activities.
- **What does my ideal health and fitness look like in one, three and five years?**
- **What activities am I happily engaged in once I reach my ideal level of wellness?**
- **What makes me happy and energised?**
- **What worries have I tossed aside once I achieve my goals?**
- **How do I look, what am I wearing and what new habits have I adopted?**
- **What are five or more benefits I gain from improving my lifestyle?**
- **What is my life like once I achieve my ideal level of wellness? What would my life be like if I stayed at the same level I'm at now?**



Create Your Vision

Talk it OUT

If you struggle with any part of writing your personal wellness vision, talk it over with a friend or relative who knows you well – another person might be able to nudge you forward in a way you can't manage on your own. Seeking out a skilled health coach may also be helpful.

6 Let your Vision GUIDE You

Now you've explored your ideal level of wellness and why that's so important, you're ready to create your vision. It can be as few as four sentences or as much as a page. Use your notes to pinpoint what you see; imagine an artist is painting a picture of the new you. Describe to the painter what you are doing, feeling and thinking.



Keep your wellness vision handy and refer to it for motivation and as a reminder of what your work will bring. Tweak it as you learn more about yourself and your goals. Use it as your compass as you set both short- and long-term health goals. Work toward those and watch your health – and your life – improve! ■



*There's no such
thing as one
size fits all*

YOUR GO-TO

DIABETES MEDICATION GUIDE



Learn about different treatments available in Australia, including how they work and what to expect if you're prescribed one of them

▶▶ Almost 80 per cent of people living with diagnosed diabetes in Australia take some type of medication to help manage it, so if you're one of them, you're not alone.

But it's likely the type of medication you need, and the dose, will change over time. So, while you might be familiar with your current prescription, you may need to come to grips with a different one in the future.

Don't panic. Our handy go-to medication guide can help you navigate the different diabetes treatment options.

THE TABLETS

There are six different classes or groups of diabetes tablets. While they all work slightly differently to lower BGLs, none are oral forms of insulin, and are only used to

help manage type 2 (sometimes gestational), not type 1.

CLASS #1: Metformin

Common brand names:

Diabex®, Diaformin®, Formet®

Active ingredient:

Metformin
It works by: reducing the amount of stored glucose that's released by the liver, slowing absorption of glucose from the intestine and helping the body become more sensitive to insulin.

Potential side effects:

Up to 30 per cent of people will experience gastrointestinal side effects, such as stomach upset, cramps and bloating. Other side effects include feeling sick, diarrhoea and vomiting.

Good-to-know info:

Metformin is the first medicine that most people with type 2 are prescribed, when diet and

exercise are no longer working to control BGLs. It may help in managing weight and, thanks to the way it can lower levels of 'bad' or LDL cholesterol, may also help to reduce heart disease risk.

Cost: About \$20 per prescription.

CLASS #2: Sulphonylureas

Common brand names:

Diamicron®, Glyade®, Amaryl®, Glimel®

Active ingredient:

Glibenclamide, gliclazide, glimepiride or glipizide

It works by: stimulating the pancreas to produce and release more insulin.

Potential side effects:

Common ones include weight gain and abnormally low BGLs, or hypoglycaemia. In fact, hypoglycaemia is up to ➤

health check

five times more likely with sulphonylureas compared with other diabetes tablets. Rarer side effects include nausea, headaches and skin rashes.

Good-to-know info: A sulphonylurea may be prescribed in addition to metformin, if diet, exercise and the metformin aren't adequately controlling BGLs.

Cost: Between \$18-25 per prescription.

CLASS #3: Thiazolidinediones

Common brand names:

Avandia®, Actos®

Active ingredient: Pioglitazone or rosiglitazone

It works by: helping to increase the effect of your own insulin, by improving the sensitivity of cells, particularly muscle and fat cells, to insulin.

Potential side effects: Water retention and weight gain are common side effects. Others include muscle and joint pain, headaches and low iron levels.

Good-to-know info: These are usually prescribed in combination with other diabetes tablets. While weight gain is a side effect, taking a thiazolidinedione often causes fat to move from areas where it's harmful for health, such as around the stomach, to other areas, such as the tops of the thighs, where it's not so 'dangerous'.

Cost: Between \$24-32 per prescription.

CLASS #4: Alpha glucosidase inhibitors

Common brand names:

Glucobay®

Active ingredient: Acarbose

It works by: slowing down the digestion and breakdown of any carbohydrates you



eat, to prevent glucose entering your bloodstream too quickly.

Potential side effects: The most common ones include stomach pain and bloating, diarrhoea and wind.

Good-to-know info: These tablets can be used alone or in conjunction with another type of diabetes medicine.

Cost: About \$40 per prescription.

CLASS #5: DPP-4 inhibitors

Common brand names:

Januvia®, Galvus®, Trajenta®, Onglyza®, Nesina®

Active ingredient: Sitagliptin, vildagliptin, saxagliptin, linagliptin or alogliptin

It works by: inhibiting an

enzyme known as DPP-4. This boosts levels of a hormone called incretin, which increases the amount of insulin circulating in the blood. DPP-4 inhibitors also reduce the amount of glucose the liver produces.

Potential side effects: Cold-like symptoms, headaches and musculoskeletal pain may occur.

Good-to-know info: DPP-4 inhibitors, also called gliptins, aren't prescribed on their own – they're used in combination with other diabetes tablets.

Cost: About \$40 per prescription.

CLASS #6: SGLT2 inhibitors

Common brand names:

Forxiga®, Jardiance®, Invokana®

Active ingredient:

Canagliflozin, dapagliflozin or empagliflozin



It works by: removing excess glucose from the blood, into the urine.

Potential side effects: As well as needing to go to the toilet more often, side effects include dehydration, urinary tract infections, thrush and constipation.

Good-to-know info: SGLT2, which stands for sodium-glucose co-transporter 2 inhibitors, are prescribed alongside other diabetes medications. On top of helping to lower BGLs, they may also help to lower blood pressure and with weight loss.

Cost: About \$40 per prescription.

THE INJECTIONS

Two types of diabetes medication are delivered via injections – GLP-1 analogues, used to treat type 2, and insulin which, as well as being used by some people living with type 2, is the only treatment available for type 1.

GLP-1 analogues (also known as incretin mimetics)

Common brand names:

Byetta®, Bydureon®, Victoza®

Active ingredient: Exenatide, liraglutide or lixisenatide

It works by: stimulating the release of insulin to increase how much is circulating in the bloodstream. It also reduces the liver's glucose production and delays how quickly the stomach empties, so glucose is absorbed more slowly.

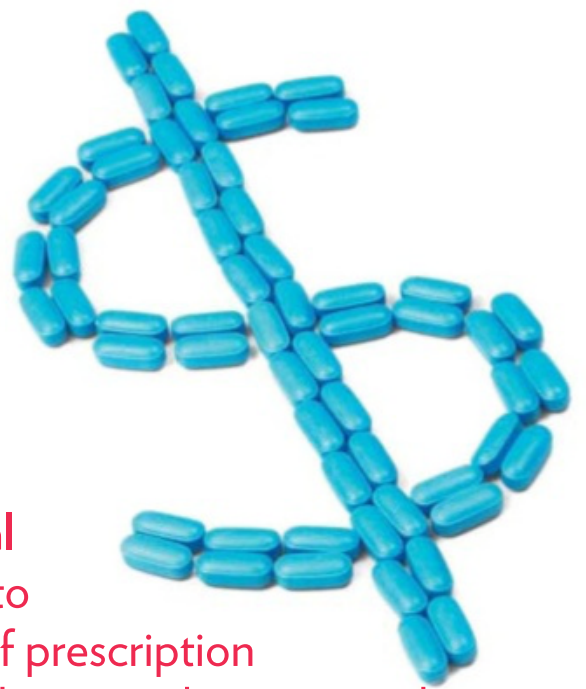
Potential side effects: These may include diarrhoea, acid reflux and constipation. Nausea can also occur, but this usually only lasts for a couple of weeks.

Good-to-know info: Given as an injection under the skin before a meal, GLP-1 analogues are available as pre-filled

COUNTING THE COST

In Australia, the **Pharmaceutical Benefits Scheme (PBS)** helps to cover the cost of a wide range of prescription medicines – including many of those used to treat and manage diabetes – which makes them more affordable.

If a medicine is listed on the PBS, the most you'll pay for a prescription is \$40.30, or \$6.50 if you have a concession card, while the Australian government pays the rest. It means you'll often pay significantly less than what a medication actually costs. For example, a prescription of Ryzodeg®, a new type of insulin that was added to the PBS in 2018, actually costs \$372, but you'd pay at least \$331 less than that, if your doctor prescribes it for you.



disposable injector pens, which you'll need to learn how to use.

Cost: About \$40 per prescription.

Insulin

Common brand names:

NovoRapid®, Humulin®, Levemir®, NovoMix®, Ryzodeg®

Active ingredient: Insulin – but there are many different varieties.

It works by: doing exactly the same job as your body's own insulin would if it could: helping to move the glucose from the food you eat, from your bloodstream into your body's cells, where it can be used for energy.

Potential side effects: Weight gain is a common side effect, and hypoglycaemia is also more likely to occur with insulin, compared with other medicines used for diabetes.

Good-to-know info: There are five different types of insulin, which differ in how quickly they work (some kick in 10-20 minutes after the injection, while others take 90 minutes to start working) and how long they last in the body (it varies: 4-24 hours). There are also different ways of injecting insulin, including syringes, pens and pumps, and how many injections you'll need a day will depend on the type – or types – of insulin you're taking.

Cost: About \$40 per prescription. ■

Prices reflect an average of the general patient, non-concession-cardholder co-payments for medicines in each 'class' that is listed on the PBS. Sometimes certain criteria need to be met before PBS subsidies apply. Medicines that are not listed on the PBS may cost significantly more.

LOSE *weight.* FAST?

Is intermittent fasting right for you? *DL* dietitian and diabetes educator *Dr Kate Marsh* discusses

▶▶ From the 5:2 diet to 16:8 and alternate-day fasting to the Warrior Diet, intermittent fasting is quickly becoming the latest dietary trend. But is it really the answer to weight loss and improved health, or just another diet fad?

What is intermittent fasting?

While there are many different ways to fast, intermittent fasting essentially means fasting for certain periods of time during your day or week. This could be true fasting (consuming nothing but water) or consuming significantly less energy than usual (typically less than 25 per cent of your energy needs) during the fasting periods.

Types of intermittent fasting

There are three main types of fasting, all of which provide a different means to reducing energy intake.

● **Periodic fasting**

involves fasting or eating a very low energy intake for up to 24 hours once or twice a week and eating according to your appetite on the other days. The most common





INTERMITTENT FASTING... NOT FOR EVERYONE

There are some people for whom fasting isn't recommended, including:

- Pregnant and breastfeeding women
- Children under the age of 18
- Those who are underweight
- People with an eating disorder
- Those who need to eat regular meals due to medication they are taking

example of this is the 5:2 diet, where you fast for two days and eat your normal diet for the other five days each week.

● **Alternate-day fasting** involves alternating fasting days (where you either completely fast or consume a very low energy diet) and feasting days, where you eat according to your appetite.

● **Time-restricted feeding** confines eating to a certain time period of the day, for example, eating only during eight hours of the day and fasting for the remaining 16.

What does the research say?

Fasting has long been a part of many religions and cultures, but the past decade has seen an increasing interest in the use of fasting for health and weight management. However, despite all the claims made by popular books and programs, research on the benefits of fasting isn't so clear.

Much of the interest in fasting has come from animal studies showing health benefits associated with intermittent fasting. Unfortunately, studies

in humans aren't quite as convincing. While intermittent fasting has been shown to result in weight loss and improvements in insulin sensitivity, research to date doesn't show that it is any more effective than continuous energy restriction (reducing your energy intake by a smaller amount on a daily basis).



Despite all the claims, research on the benefits of fasting isn't so clear

During the past few years, a number of systematic reviews have been published, where the researchers combine the results of several well-designed studies investigating a particular research question. Whether they have looked at shorter-term or longer-term studies, or different types of fasting, all have concluded that intermittent fasting

provides similar benefits for weight and metabolic health outcomes (such as glucose and insulin levels, blood fats and blood pressure) to continuous energy restriction.

There are also very few longer-term studies (beyond six months) investigating whether the benefits of intermittent fasting are sustained, and most

studies have been in people without a chronic health problem (such as diabetes), so it isn't clear whether the same benefits would be seen in those with an existing health condition.

There's a lack of research in older adults, so it's not clear if the benefits outweigh potential risks in the elderly. Also, there's the issue of whether the diet is hard to follow, particularly in the longer term. Some studies have shown high dropout rates, although these appear to be similar to control groups following a conventional energy-restricted diet.

The right way to fast

While some books and programs suggest eating whatever you want on non-fasting days, if you consistently overeat on these days and make less healthy food choices, you're unlikely to see the same weight loss and health benefits than if you focus on eating well when not fasting.

To get the most benefit from fasting, you should aim for a balanced, healthy diet most of the time, reduced energy intake or fasting on certain days or during certain times of the day, and occasional indulgences. Using fasting as an excuse to ➤

health check

feast on non-fasting days is unlikely to result in the outcomes you desire!

How to fast

For time-restricted feeding, the aim is to increase the length of your overnight fast. You might start with delaying breakfast, or having an early dinner and not eating after dinner, and then gradually increase the length of your fast. Or you could jump straight to 16:8 (16 hours of fasting and 8 hours of eating) and aim for two main meals per day, and perhaps a snack in between. There's no magical length of time you need to fast, so it's a matter of what works best for you. For some people, just stopping eating after dinner can be enough to make a difference.

For periodic or alternate-day fasting, aim to eat a healthy diet according to appetite on non-fasting days and then a significantly reduced energy intake (this is easier than complete fasting) on your fasting days. These can be consecutive days or alternate days, depending on your personal preference. On fasting days you should aim to fill up on non-starchy vegetables and salads with small amounts of lean protein.

In conclusion

Intermittent fasting, whichever way you approach it, is likely to result in weight loss and some improvements in health markers such as insulin sensitivity.

However, it's just one way of reducing your food intake and, according to research to date, doesn't appear to be any more beneficial than just eating a bit less each day. ■

Things to consider *before* you fast

If you want to have a go at intermittent fasting, here are a few things to consider first.

If you have diabetes and are taking medication or insulin, it's important to speak to your doctor before you start. This is particularly important if you take:

- **Insulin or sulphonylureas**

(such as Diamicon, Daonil, Glyade, Minidiab, Glimel and Amaryl), as these can increase the risk of hypoglycaemia, so doses will need adjusting when you fast.

- **Medications called**

Sodium-glucose co-transporter-2 inhibitors, or SGLT2i for short (such as Forxiga, Jardiance, Xigduo, Jardiamet and Qtern), which have been found to cause ketoacidosis (where high levels of ketones build up in the blood and can become life-threatening) in some people, particularly when they are fasting or have a very restricted food intake. You may need to cease this medication when you fast.

2 Fasting can also affect other medications you might be taking, by altering the absorption

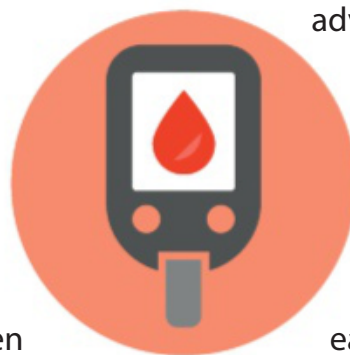
of the medication or increasing the side effects. If you take any type of prescription medication, always speak to your doctor before you attempt to fast.

3 It's a good idea to monitor your BGLs more regularly when you are fasting, and in some cases to check ketones. Your doctor or diabetes educator can advise you on when and how often to check these.

4 If you do take medication affected by food, you may find time-restricted eating is a more practical approach than alternate-day or periodic fasting.

5 It's important to keep hydrated when you're fasting, so don't forget to drink plenty of water or other low-energy fluids.

6 Don't fast if you are unwell and, if you start feeling unwell while fasting, it's best to stop your fast.



RELATIONSHIP MAKEOVER

Does diabetes feel like a third wheel in your romantic life?

▶▶ Don't let diabetes interfere with your love life. You can keep the romance alive with these strategies from relationship experts.

Establish expectations

People with diabetes often feel more comfortable managing their condition independently, but that can worry loved ones. Be proactive. Identify and advocate for ways in which your partner can help, and discuss areas where they should not interfere. This may help to alleviate tension before it even starts. For example, says psychologist Mark Heyman, who also has type 1,

he and his wife had to negotiate how to handle hypoglycaemic episodes. They have agreed on a strategy for times when Heyman's wife worries he isn't taking care of himself. Their plan: she can ask him to check his blood glucose and drink juice – without question – if she suspects he's low.

"Agreeing ahead of time made her more comfortable and navigating lows much easier," Heyman says.

Lead by example

If a spouse interrogates your every decision, it can feel like you're living with a parent and not with a partner. Lead by example, says Janet Rozler, a marriage and family therapist. Instead of snapping back, thank them for the concern.

"Shift to a new dance," Rozler says. Break the cycle by responding differently next time your partner does something you're not crazy about. See how they change, too.

Keep the romance alive

Diabetes can feel all-consuming. But don't let it quash your love life. Keep the sparks flying with gestures such as date nights and lots of physical affection. ■



SUPER!!! SENIOR

Meet Heather Lee, a medal-winning competitive walker who, at 92, is an inspiration to anyone who would like to move more.



▶▶ **Have you always been a keen walker?**

No, it started after my husband Leonard died of lung cancer in 1996. He told me “Now is the time to show your mettle” and I found that really galvanising and poignant. We were always two halves of a whole and both of us worried about what the other would do when one of us died. His death left me with a compulsion to walk. I felt better when I was walking, and the faster I walked the better I felt. It was fantastic therapy while I was grieving, being out in the fresh air. It’s so good for your mental health. Leonard was never a great walker; he was rather slow. I would always take off at a very different clip.

Why hasn’t age slowed you down?

I’ve always been athletic, but not an athlete until I started race walking. I never could have foreseen that I’d do so well. I used to always be on the floor doing

exercises I devised myself, things like stretching, strengthening my tummy and lifting my legs off the floor. I think that has kept me very supple and fit. Moving furniture has too. My father was a furniture remover and showed me how to do it properly, so I’m always moving my furniture. I painted my place myself about three years ago, a wall at a time, making sure it was clean and dusted, and gave them two coats of paint. I used a brush. A roller is too extravagant with paint.

How far do you walk a day?

I do about 10,000 steps every day and then once a week I do a 10km walk. I don’t drive any more, so every day I walk to the shops and carry my shopping home, which is a bit like lifting weights. I have a little trolley a friend gave me, but I wouldn’t be seen using it – it would be letting myself down.

It’s not terribly hilly where I live, but when I do my 10km walk I make sure I do the two small hills nearby. My personal trainer has me doing short bursts of fast



ABOVE AND RIGHT: Heather has won numerous medals. FAR RIGHT: The camaraderie makes it fun.



walking and then easing off a bit. She has really increased my pace, so I'm doing better times in my 90s than I was from the age of 85.

How old were you when you started race walking?

I was 84. My physio suggested I compete in the Adelaide Masters Games. I'd never race walked in my life. I got to the start line and the judge gave me a demonstration. I just watched what he did, took off and came home with four gold medals.

What motivates you?

I want to see just what a 92-year-old can do. It's become a bit of an experiment now. And I get a kick out of doing well. Growing up I knew people who were very overweight, and I remember people in my family talking about middle-aged spread as though it was inevitable. I love my food, but as I got to 40, I thought, I'm going to prove them wrong.

I'm also motivated by my visits to people at the local nursing home. I'm older than a lot of them, but I don't tell them that because many are bedridden and it would be upsetting for them. I know, but for the grace of God it could be me, but I'm determined to stay fit and well for as long as possible. My time will come, but I'm helping my immune system by having a good diet and lifestyle, with regular exercise.

What do you eat?

I have a light breakfast – maybe toast with Vegemite and avocado – before my morning walk. When I get back, I have a coffee, plenty of water and muesli with fruit, yoghurt and a few nuts. For lunch I might have smoked salmon and avocado on multigrain bread, with a pear and nectarine and a glass of water. And for dinner some Cajun chicken with vegetables or salad. I don't really enjoy meat. I'd rather have an

omelette or some hummus, avocado, tomato and feta on toast with a poached egg on top.

How do younger athletes treat you?

They talk to me like I'm one of them and I get so much pleasure from the camaraderie. It is so much fun. I think they regard me as a bit of a role model, because they want to keep fit and mobile for as long as they can. They think if I can do it, maybe they'll be able to when they're older too. ■

my story: type 1

▶▶ IN THE BEGINNING

I was diagnosed with type 1 diabetes at the age of six. I never had any problems, my parents managed my diabetes perfectly and taught me how to manage it too. I fell pregnant when I was 23 and remember being happy and excited at my three-month hospital check-up, until the medical team advised me to consider an abortion. My HbA1c was about 9, which is not ideal for pregnancy. Diabetes-related complications are accelerated by pregnancy and there was a chance I'd lose my eyesight. I was horrified, but I thank God every day that my mother was with me and supported my decision to say no. Today my son, Jacoub, is the reason I haven't given up on life. He is my life, my world, my everything. After giving birth, I endured four years of laser treatment – alternating eyes every fortnight – with approximately 1200 laser burns to prevent bleeding in the back of my eyes, and ultimately blindness.

As time went by, no other signs or

indications of any complications reared their ugly heads. I was a single mum, living in my own apartment and I was doing extremely well at work as a sales representative. For the first time in my life, I was happy.

BUT DIABETES HAD OTHER IDEAS

Come March 2012, I was watching TV with Jacoub (then 12 years old), when I started to have chest pain, followed by a numbness down my arm and really bad back pain. I dismissed it as tiredness, until I felt a crushing pain in my chest and my jaw started to go funny. It was then that I called my partner, Eddie, and as he arrived I was having cold sweats and was

very nauseous. He immediately called an ambulance – even though I didn't want to go to hospital as I had a check-up that Friday with my cardiologist. When they arrived, they simply said if I didn't go with them I wouldn't survive until Friday. They were right. It turned out my diabetes had caused blocks in my major arteries and I needed three stents.

HELPING OTHERS



The founder of Diabetes Alive, 43-year-old Fifi Hazzouri, opens up about the ride of a lifetime – living with the deadly complications of type 1

TYPE 1

One month after returning to work, I had a second heart attack and needed another round of stenting, plus ballooning of the artery.

While I was in recovery from this, I had a stroke that was misdiagnosed as a brain tumour, and they placed me in the cancer ward for 10 days while I waited for tests to be completed.

I will never forget
the thoughts
that ran
through

my mind, as I was faced with the possibility of my life coming to an end – and it definitely didn't help that I was placed in a room with patients who only had weeks to live and were planning their funerals. Seeing this was, then, the most confronting thing I had ever seen and heard.

I was cleared of the tumour 10 days later, but diagnosed with a clot on the brain. Since then, I have been taking daily medication to avoid another major stroke.

During this time I had to take time off work, again, but when I returned I was made redundant.

I WAS TRAPPED!

Following this heart attack, I was placed in a Cardiac Rehab Program at St Vincent's Hospital, where I found myself in a room full of people who had all gone through the same surgery, but not one of them was under the age of 65. I was 38. From everything I was going through (two heart attacks, ➤



What is Diabetes Alive?

In 2012, Diabetes Alive started as a support network for anyone who wanted to come along and talk about their experience, look for support and learn from one another.

Fast forward seven years, and it has more than 80,000 followers across its social media platforms and, through the Diabetes Alive Insulin Pump Program, now offers children up to the age of 18 – who are referred from a paediatric hospital and fit the criteria – the latest technology in insulin pumps. One hundred per cent of funds (from the Canterbury Leagues Club Community Grant, sponsors and donations) go directly to purchasing these pumps. For more information, visit diabetesalive.org.au.

my story: type 1



ABOVE: Fifi with her partner Eddie. RIGHT: Fifi with her son Jacoub. BELOW RIGHT: Fifi at St Vincent's Hospital, in April 2017.



a stroke, a redundancy) and being surrounded by no-one my age, I found myself falling into a very dark place. It felt almost impossible to accept how much life had changed in only a couple of months.

I remember leaving the hospital, planning my suicide. I still remember switching off my phone so no-one could call me...

But I saw a child with his mum, and it made me think of my own son. I froze, startled. How could I do this to Jacoub? I walked to the nearby park and sat staring into nothing for what seemed like an eternity, and I began to realise what I had been about to do. I started to think about my funeral, my son, parents and partner, and in that moment I felt a rush of guilt, sadness and regret in one hit.

I was afraid of my own thoughts, but I knew I didn't want to feel like that again. So I continued to attend the post-surgery rehab program every day. And I cried every day. I just couldn't see how life could get any better. I felt like I had

been fighting with diabetes for so long, and diabetes had finally won.

The hospital's head of department noticed a change, and when she spoke to me I simply told her I didn't want to live any more. She asked if I had suicidal thoughts. I was ashamed, but I said yes because I really, truly wanted help. That day, she organised someone who specialised in suicide prevention to see me. She didn't question me, rather she listened and let me get it all out – that was the best thing for me. It gave me such a sense of relief, and I felt validated that it was OK not to feel OK. I continued to see her for nearly two years.

A LIGHT IN THE TUNNEL

As the weeks went by, I began to realise if I was feeling like that, there must be others in the same position who were also seeking support. I began searching for groups, but I couldn't find what I was looking for. Sharing my frustration with Eddie, he suggested I do my own thing – and with his help we created

Diabetes Alive, a support group for people with diabetes.

But the year wasn't over just yet! Come November 2012, I had my third heart attack, the day after our inaugural Gala Ball in conjunction with non-profit organisation JDRF. I had simply pushed myself too hard to get Diabetes Alive off the ground in time for the ball. After this, I started to gain my life back – especially after I was placed on an insulin pump in 2013.

In early 2017 I started to develop severe pain in my upper back and shoulder blades, so unbearable that I couldn't sleep or carry anything. Everyone treated this like frozen shoulder [which can be a complication of diabetes], but it wasn't until I was referred to Professor Garrick

at St Vincent's that I was diagnosed with diabetic amyotrophy [a type of neuropathy referring to the progressive wasting of muscle tissues], and treated with four rounds of cortisone injections, over three months, directly into my spine. This helped, but as I am unable to exercise today, I'm starting to have flare-ups again.

This was followed by my fourth heart attack, in April. Up until this point, I had been sugar-coating everything about my health to Jacob, as I didn't want to scare him. But this time was different. He came to visit me in hospital and said, "Tell me the truth Mum. I just want to know how sick you are. Are you going to die?" To this day, those words still haunt me, but I told him everything and it's been a blessing.

TODAY'S REALITY

Things didn't improve in 2018. In February I was diagnosed with stage 3 kidney failure (they hadn't been great for a few years previously) and placed on the transplant list for a double organ transplant (kidney/pancreas). In August I had my fifth heart attack, and in September I started dialysis.

Although I thought everything else I have been through was tough, dialysis is by far the hardest challenge for me. I currently have dialysis four hours a day, three times a week at the hospital, and so far have undergone four surgeries to change my Vas Catheter (the access point where my dialysis machine is attached).

Earlier this year I was diagnosed with stage 4 kidney failure – meaning I now have less than 14 per cent function in both my kidneys.

Subsequently, my self-management has had to increase. I have to continuously ensure my blood pressure remains normal, watch my BGLs and carbohydrate intake,

and closely monitor my sodium, calcium and potassium intake as my kidneys are no longer able to filter these minerals or waste.

Through all of this, I have continued to grow Diabetes Alive. Last year we successfully fundraised \$140,000 to purchase insulin pumps for 14 children. This focus has helped my mental health through connecting with so many people with diabetes – and I no longer feel alone. Diabetes Alive has given me my life back, and I feel like I am much more than my disease by helping others avoid what I am going through now. ■

If this story has raised issues for you, call Lifeline (13 11 14 or lifeline.org.au) or Beyond Blue (1300 224 636 or beyondblue.org.au)



*Diabetes has
been the biggest
roller coaster
and it doesn't
look like I am
getting off this
ride any time
soon*



I'm over the moon

Jen Simpson, 60, turned her type 2 diagnosis around in just 28 days

TYPE 2

▶▶ Tell us about your diagnosis

My doctor told me I had type 2 just before Christmas last year when I went in to get my cholesterol checked. I didn't have any symptoms, but it didn't come as a huge surprise. I was overweight and my cholesterol was off the charts. It felt like my health was going downhill, fast. I was upset and a bit freaked out with the diagnosis, because I was 59 and my dad, who had type 2, passed away at 76.

I couldn't get in to see the community diabetic health service my doctor referred me to because they were so busy, so I headed into Christmas with just some diabetes medication and a pamphlet that explained what foods I should avoid. I felt like I was in limbo and did absolutely nothing about it.

What was your lifestyle like back then?

My husband and I have a very good social life and enjoy a wine. It was getting to the stage where every night I'd have a glass while

I was cooking, and then more wine with dinner. I wasn't even trying to do alcohol-free days. On top of that I'd just had a hip replacement, so I was scared to go back to tennis and used it as an excuse not to walk as much.

What got you on track?

It started with newsreader Peter Hitchener, from Nine News Melbourne. I adore him! My husband and I both noticed he'd lost a lot of weight and looked great when he returned from his Christmas break.

Soon after I heard a radio interview with health and fitness expert, Donna Aston; and it turned out Peter was one of her clients. She mentioned she'd had good results in

people with high cholesterol and some clients had reversed type 2. My cardiologist said he'd never seen cholesterol as high as mine, so I thought I'm going to give this a red hot try, which I did.

What was involved?

To start, I got a blood test kit in the mail, which I did and posted

“
My cardiologist nearly had a heart attack when he saw my results

back. Then there was a quick body analysis test and weigh-in at a gym. From that, Donna formulated a 28-day program, which was all outlined online.

I had three meals a day and supplements that were provided, with no snacking, and it was all fresh food, which was great – I don't like the idea of living on shakes. There was no bread, rice or pasta, artificial sweeteners or fruit, and some vegies were out.

My breakfast on the first day was three eggs, half an avocado and two cups of spinach. Lunch was 120g of tuna, chicken or tofu in a salad, with two cups of slaw or other salads and veg. Dinner was steamed or stir-fried vegies, with about 150g of protein. The portions never felt small, with lots of veg. Previously I'd been eating lots of processed carbs and dairy, and we used to eat dinner late at night which, along with the wine, wasn't helping my health.

I ate meals at specific times and [would] fast overnight. The biggest thing was 28 days without wine. That was hard! I drank a lot of soda water with fresh lemon.

Did you also exercise?

I had to do 10,000 steps a day, which I found easy. My husband and I are both retired and do a lot of renovation projects together, like building decks and tiling bathrooms. I also did three core-strengthening classes a week. My kids bought me weights for my legs and little dumbbells, so I just did exercises at home.

So, what changed?

I don't have type 2 anymore! My doctor couldn't believe it. She kept shuffling through the blood test results, thinking they must be for someone else. I said, 'they're good results, aren't they?' She'd never seen a turnaround like it – it was incredible. My cardiologist nearly had a heart attack when he saw my results!

I was a size 18 when I started and weighed 87kg. Six weeks later I was a size 14 and 75kg.

What's the plan from here?

I'm really inspired to keep chipping away at losing more, so I'm doing the

maintenance program. It's a bit more relaxed, so I'm back to having a glass of wine and some carbs and dairy, but I'm eating and exercising in a similar way. I've lost another kilogram since I finished the program.

How do you feel?

I'm over the moon I've finally stuck to something and it's worked. I've even managed to get back on the tennis court. It's so much easier to get around now I've lost 10kg. I was really happy to turn 60 in June, knowing my health is back on track. I felt so good I actually bought something new to wear to my party. ■



BEFORE

Having turned her life around, Jen will never go back to her unhealthy past.



BEFORE



AFTER

HASTINGS STREET to NOOSA NATIONAL PARK

QUEENSLAND

Top Tip

Noosa National Park is home to several rare and threatened species. Please ensure you stick to the path, and correctly discard any rubbish on your walk. Protect the park, but also protect yourself: remember to wear sturdy walking shoes and sunscreen.

Escape urban life for tranquil Noosa, whose beauty truly earns the label 'great outdoors'

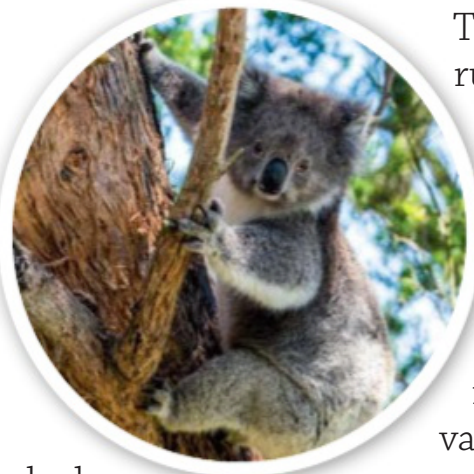
▶▶ At the heart of Noosa Heads lies the relaxed but ever-so-popular and pedestrian-friendly Hastings Street. Whether you want to start or end your day checking out the high-fashion and local retailers, be sure to stop by Blended Health Bar and Coconut Head Superfood Bar for a healthy bowl and drink. Ready? Let's get started.

From Hastings Street, follow the street towards Little Cove Beach – north east of the favoured Noosa Heads Main Beach. This little haven is one of the prettiest sections of beach, tucked away from the tourists, on the Sunshine Coast. Although it will be hard to find a place along here to relax at high tide, at low tide Little Cove presents a picture-perfect beach.

Continuing away from the bustle, you'll enter Noosa National Park, home to lush rainforest, unforgettable coastal views and the most picturesque scenery. This park also consists of more than 15km worth of

walking tracks. Don't worry, we're not doing them all! But if you're comfortable exploring national parks, do visit another day.

Today, we are taking part of the popular Coastal Walk (follow the signs for Walk No.4). While you're walking, keep your eyes open for wildlife. Think sleepy koalas, grazing echidnas and boisterous black cockatoos!



This concrete path runs close to the shoreline, and takes you through the natural beauty of the park to the first stop, Boiling Pot. Situated above a rocky outcrop, this vantage point offers sweeping views from

Noosa North Shore to Tea Tree Bay. If you're lucky, you might see some dolphins frolicking between the waves. While you're there, look below and try to spot the heart-shaped hollow which froths like a bubbling cauldron as each wave rolls through.

Continue along Tea Tree Bay. If you need a moment to relax by the water, this is the place to stop. Flat rocks and giant gum trees line the beach – look out for koalas relaxing tree-side. At low tide, you may also have the chance to spot crabs, fish and



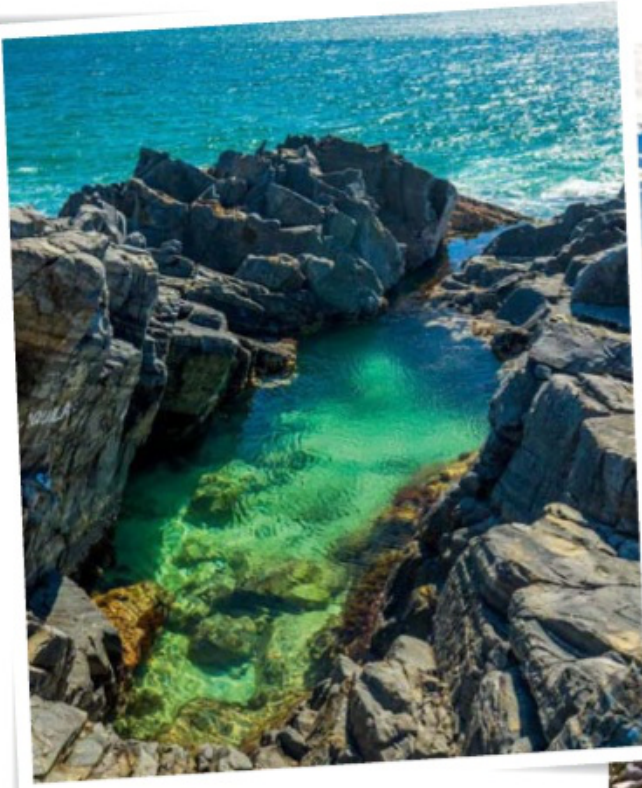
TOP: Hastings Street. ABOVE: Clear waters around Noosa National Park.

even sea anemone in the rock pools. Please be wary though; the beaches in the national park are unpatrolled and swimming is not recommended (keep that for your return to the main strip).

The next stop is Dolphin Point. Like the name suggests, you may spot a colony of dolphins. But if you're visiting between July and October, look out for whales! ▶

Tea Tree Bay

10,000 steps



LEFT: The fancifully named Fairy Pools. RIGHT: The gravel section of the Coastal Walk. BELOW: Noosa Main Beach.



From here, the concrete path turns to gravel. If you are not comfortable continuing on, make your way back to the entrance and continue on our walk from Palm Grove Walk, below.

On the gravel path, you'll enjoy views across the coast lining Granite Bay, Winch Cove and Picnic Cove, until you reach the Fairy Pools. You might not spot fairies, but mermaids on the other hand...

During low tide, the Fairy Pools become noticeable, and are full of coral and sponges. However, the only way to access these 'pools' is by climbing down the headland's rock face. For safety reasons, please admire from afar.

Following the sounds of thunderous crashing waves you will reach Hell's Gate. Along the gravel path, there are no fences, so stick to the path as there is a 10-metre drop. At Hell's Gate, you will be presented with spectacular views towards Double Island Point and over Alexandria Bay. If you didn't see any whales



on your walk, you might see turtles, cormorants or birds of prey.

Take your time here and, when you're ready, follow the path back the way you came to the entrance of the national park. Look out for the toilet block – this is where Palm Grove Walk (No.1) starts, the next take in our adventure.

This short circuit takes you through the densely-shaded, magical rainforest full of lush

palms, elegant hoop pines and an endless melody of birds chirping. It's the perfect way to take in the magic of the national park before making your way back downhill towards Hastings Street.

End your day exploring this retail promenade and surrounds, with a swim at the popular and patrolled Main Beach, or tuck into a well-deserved meal, before heading home after a successful 10,000 steps (or more!) among Noosa's natural charms. ■



Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 SPRING FEVER

The time has come once again to Marie Kondo your home. But a clean house doesn't end with making your bed in the morning (although it doesn't hurt!) – it also includes removing, or minimising, the clutter in your home.

Research has found experiences make us happier than material goods. So, rather than keeping endless items you like around the home, only keep those that remind you of special memories, such as a holiday or milestone celebration.

While you are decluttering, ensure you vacuum and wipe down rooms, furnishings and items as you go, to reduce pollutants (think dust,

mildew and mould) that have built up, especially during the colder months. In doing so, cleaning improves your breathing, decreases your risk of heart disease (cleaning is a low-intensity physical activity) and even reduces stress. Not sure how that happens? As you complete repetitive, mindless tasks, your brain isn't focused on all the other things it's usually racing with.

If you want to further decrease your stress levels, try using cleaning products containing calming scents such as eucalyptus or lavender. Find cleaning an endless, boring chore? Turn up your favourite tunes and get started on your spring clean.

2 WHY LOW-GI?

When selecting food to eat, the most important factor people with diabetes and pre-diabetes need to consider is how the amount of carbohydrates in meals affects BGLs. To do so effectively, use of the Glycemic Index (GI) is key. Foods with a GI of 55 or lower are classified low-GI, 56-69 is medium-GI, and 70 or higher is high-GI.

Research has found diets consisting of healthy low-GI foods, such as Herman Brot Lower Carb Bread (\$6.99, visit

hermanbrot.com.au for stockists), which has a certified GI of 24, are most effective. Low-GI foods result in a lower rise in BGLs after food consumption, which ultimately improves blood glucose control, reducing appetite and aiding weight loss. ➤

To learn more about the Glycemic Index, speak to your dietitian



3 GRAB A CUPPA

Although black tea is Australia's most popular choice of tea, it is **green tea that has the most benefits for your health.** One study published in the *Journal of Research in Medical Sciences* found people who had type 2 and drank four cups of green tea per day were associated with a greater chance of weight loss and lower blood pressure. Another study, published in the *Annals of Internal Medicine*, found people who regularly drank green tea were at a lower risk of developing type 2.

Through steaming (or pan-firing) fresh leaves, green tea is able to retain antioxidants known for providing anti-inflammatory, anti-cancer and cholesterol-lowering benefits. In addition to this, green tea contains the amino-acid L-theanine, which has a calming effect, reducing stress and anxiety levels. While this is good news for people with, or at risk of, type 2, not everyone likes the flavour of green tea. Try alternating a cup of green tea with Tony Ferguson Mango Green Tea (available at TerryWhite Chemmart, \$17.95 for a 20-pack). This flavoured tea is high in vitamin C, low in sugar and incorporates probiotics to help maintain a healthy digestive tract and good gut health.

As green tea naturally contains caffeine, discuss the potential effect tea may have on your BGLs with your health care team first.



4 RETRAIN YOUR BRAIN



A world of constant technological alertness means we are no longer able to concentrate effectively, and are less engaged and more forgetful. Research conducted at King's College's London Institute of Psychiatry found people who were distracted by phone calls and emails had an IQ drop of 10 points. This equates to double the impact of smoking marijuana. More than half of the 1100 participants said they responded to an email as soon as they could, and 21 per cent claimed they would interrupt a meeting to reply to one. These interruptions have a similar effect on the mind as losing a night's sleep.

However, you can retrain yourself to concentrate better. This begins by learning to slow down. Try these tips to get started:

- **Set aside at least 30 minutes** per day to switch off all technology).
- **Try to do what you *really* want to do** at least once a day, without any distractions.
- **No phones at the dinner table,** especially with friends or family.
- **If all else fails, take a deep breath** to consciously slow your body down.

5 LET'S GET PAINTING

Ever admired a child's ability to paint what they want, and to consequently be super proud of their end product? As we grow older, we forget how to simply enjoy this pleasurable pastime as we begin to associate every action with a specific goal. Whether it is something as simple as "I want to paint beautiful flowers" or to "bring the colours of the ocean to the page", when we don't see ourselves working towards a goal, we start seeing the activity as a chore, causing extra stress on our body.

But that's the best part about painting. Anyone can do it, and it doesn't have to resemble anything at all. Grab some paint and brushes, and simply start focusing on brushing colours onto a canvas, letting your mind and hand flow where they want to go without a particular object or scene in mind.

The more you consciously practise your ability to paint without knowing the end product, the more you will begin to find that joy in the activity once again. ■



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DRINKS

- 85 Oaty berry banana smoothie ●

LIGHT MEALS, SNACKS & STARTERS

- 58 Asian chicken salad ●●
 85 Asparagus, sweet chilli and cashew hummus ●●●
 70 Capsicum and cheese quesadilla ●
 60 Chicken satay salad ●●
 85 Cream cheese and strawberry muffin ●
 45 Creamy pasta with kale and chilli
 61 Greek lamb salad ●●
 69 Japanese tofu noodle bowl ●
 68 Roasted cauliflower & hazelnut carbonara ●●
 46 Spiced black bean & chicken soup with kale ●●●
 61 Sweet pepperonata salad ●●●
 69 Thai red vegie curry ●●●
 44 Warm kale salad with almonds & prosciutto ●●
 70 Zucchini and broccoli fritters ●●●

MAINS

- 40 Beef, leek & swede pie ●
 54 Cassoulet ●
 55 Cauliflower cheese ●●●●
 32 Chana masala with spinach ●●●
 53 Chicken cacciatore ●●●
 41 Fish & mushroom bake
 26 Herb and parmesan schnitzel with sweet potato mash ●
 63 Indian spiced chicken with pumpkin & beans ●
 42 Kale & coconut hotpot ●
 47 Kale with chickpeas & coconut ●●●
 43 Kashmiri rogan Josh ●●
 26 Lamb skewers with pineapple tabouli ●
 53 Lancashire hotpot ●●
 31 Malay chicken curry with yellow rice ●●
 25 Middle Eastern pizza
 60 Prawn, mango & peanut crunch salad
 40 Pumpkin & beef tagine ●●
 91 Reset soup ●●●●

- 33 Roast pumpkin, feta and spinach spiral pie ●●
 93 Salmon & sweet potato patties ●
 50 Spaghetti and meatballs ●
 30 Spinach and ricotta cannelloni ●●
 31 Thai prawn and ginger noodles ●
 22 Thai-style prawn quinoa salad ●
 25 Vegetable pesto stir-fry with rice ●●

SIDES

- 42 Pumpkin, mustard & Gruyère gratin ●●●

DESSERTS

- 75 Cranberry panna cotta ●
 39 Middle Eastern-style bread & berry pudding ●
 75 Roasted apples, grapes and cherries ●●
 73 Spiced pomegranate poached pears ●●
 85 60-second apple pie dessert ●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.



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Alix Davis, **Editor**

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THE *friendly* SKIES

Our resident type 1 columnist, Rob Palmer, says that with proper planning, diabetes can be a fuss-free passenger on a big trip away



Recently the family and I took a three-week break to Wales to see my wife's family and our friends. We pencilled in a last-minute detour via Santorini for a splash of heat and volcanic charm.

Long before wheels up, I began preparations to ensure the holiday was remembered for anything but type 1 dramas. In fact, I had my plan A, B and C all sorted before the Greek part of the journey was even booked.

Times have changed greatly since I once packed 600 syringes in a backpack as a paranoid 20-something traveller. The world is smaller and type 1 management has entered its own 'space race', with CGMs and insulin pumps becoming increasingly commonplace.

For anywhere up to two months away, I will pack double the stuff I need for my diabetes in my main luggage, with enough to last a week in my hand luggage, along with a couple of syringes and some long-acting insulin, just in case the pump hits the fan and I have to go old school (that's plan C). A second BGL testing kit is a must, too. Type 1 diabetes is all over the world and a chat with your pump supplier and/or diabetes educator can tee you up so, no matter how long the trip, you are never far from help if needed. Extra insulin set changes, for pump users, are a must, especially if you plan to swim a lot. I found out in Santorini that three hours with kids in a pool was enough to pull

off the sticker holding the insulin delivery system in place. With plenty of spares I didn't miss a beat.

Airport security can be daunting, especially in a foreign system as you try to move through the detectors with a pump in your pocket. The pump never seems to set off the alarm in domestic Australian airports, but international security is much tighter. If you have a pump, I'm told not to let anyone take it off you or X-ray it as there's

a chance the settings can be wiped. Like a donkey, I had forgotten the letter from the doctor confirming my need for a pump, and was asked by someone who didn't quite understand to put it through the walk-through X-ray machine.

"No... sorry, I can't," I said, holding the pump up. Another officer okayed it and patted me down, with apologies for the inconvenience. A similar routine occurred at each airport. The point is, you should stick to your guns as politely

as possible if challenged about your equipment.

Some security folks will ask you to hand over the pump, but you simply and politely refuse while holding it for them to see. By calmly saying you are unable to X-ray the device you will attract attention, but you'll also find there is a worldwide awareness of insulin pumps and diabetes in general.

North Wales was splendid in its rugged beauty, as was Santorini. Family and friends were reunited and tighter bonds were forged.

All the while, my diabetes took a back seat and toed the line. Just the way we like it. ■



Airport security can be daunting

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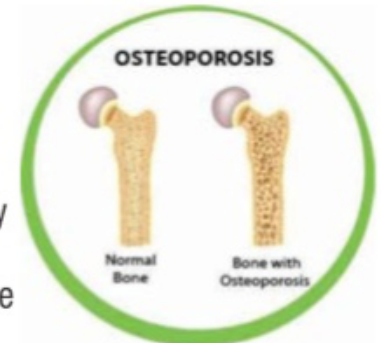
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- Easy Script, Queen St, **St Marys**
- Eddies Pharmacy, **Ramsgate Beach**
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- Mediadvise, Town Centre, **Glenmore Park**
- Mullanes, Stockland Mall, **Baulkham Hills**
- Penna's Pharmacy, **Edensor Park**
- PharmaSave, Victoria Rd, **West Ryde**
- Priceline, Westfield **Parramatta**
- Priceline, High St, **Penrith**
- Priceline, Southlands, **Penrith South**
- Priceline, Seven Hills Plaza, **Seven Hills**
- Terry White Chemmart, **Bondi Junction** (Westfield)
- Terry White Chemmart, **Oran Park** S/Centre
- Terry White Chemmart (438 High St), **Penrith**
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- Caremore Pharmacy, Kaleen Plaza, **Kaleen**

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- NOVA Pharmacy, Gateway Shopping Village, **Langwarrin**
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- Ocean Reef Pharmacy, **Ocean Reef**
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